

NUTRIFAX[©]

Beverages: Think Before You Drink

Beverages can be empty, liquid calories, a form of hydration, or a nutritional powerhouse. High calorie culprits are commonly found in coffee shops and smoothie stands. In one week, an extra 500 calories a day will add one pound of fat to your frame. Limit high fat, high calorie drinks with no nutritional value for a healthier body.



Coffee and tea

are a good source of antioxidants but should still be consumed moderately. Sugar, half and half, whipped cream, chocolate, and flavored syrups add calories, fat, saturated fat, and cholesterol. Limit caffeine intake and opt for little to no added sugar or fat.



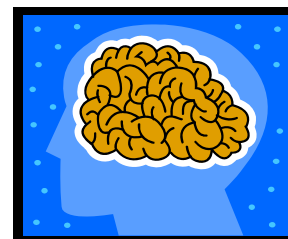
Dental health

is relative to food and drink. Sugar weakens teeth and provides a breeding ground for plaque and bacteria, which promote cavities and gum disease. Soda, energy drinks, and sugar-sweetened beverages contribute to the breakdown of enamel and poor dentition.

Fruit juice lacks fiber and can contain a significant amount of sugar when compared to whole fruit. Scan products and look for 100% fruit or vegetable juice and no added sugar.



Energy drinks are a popular trend which market endurance and weight loss as a result of consumption. These beverages have become increasingly popular, especially among teenagers. Energy drinks contain significant amount of sugar and caffeine and have been linked to serious medical conditions such as: irregular heart beat, lightheadedness, and even documented cases of death.



Smoothies can make a healthy meal or snack, packed with vitamins, minerals, and antioxidants, while balancing protein, fat, and carbohydrates. Create your own smoothies with low-fat yogurt or kefir (preferably plain), seasonal fresh fruit, and a splash of 100% juice.



Milk is a great source of protein, calcium, and Vitamin D; low-fat or skim is best.

Water replenishes without calories. Drinking water frequently (not just during exercise) maintains hydration and benefits all bodily functions. Add sliced lemons, limes, fruit, or 100% fruit juice for flavor.

Soda contains 10 teaspoons of sugar, around 150 calories, and lacks vitamins and minerals. Consume diet drinks in moderation, not as a weight loss crutch or appetite suppressant.

Choose wisely – know the nutritional value and content of what you drink. Changing any routine or eating pattern takes time. It is not reasonable to eliminate anything overnight. Wean yourself gradually from high calorie, high fat liquids. Try one sugar packet in your coffee instead of two, replace half and half with whole milk; drink an 8 oz soda over a 12 oz, and go from there. Begin modifying your behavior slowly; your taste buds need time to adjust for long term success.

*Food and Nutrition Services
can assist in providing nutrition
information.
Call 703-813-4800 and ask for a
Registered Dietitian.*

	Serving Size	Calories Per Serving	Added Sugar (teaspoons)
Water	8 oz	0	0
100% Apple Juice	8 oz	120	0
Milk (non-fat)	8 oz	90	0
Sports Drink (Gatorade)	20 oz	125	
Soda	12 oz	150	
Ice Tea (sweetened)	8 oz	70	
Ice Tea (unsweetened)	8 oz	0	0
Fruit Punch	12 oz	120	