

Drinks

What Should I Drink?

- Drink Water-at least 8 cups (1 cup = 8 oz.) per day.
- Drink 3 cups (1 cup = 8 oz.) of 1% milk or skim milk per day.

Benefits of Water

- Water is one of the most important nutrients in the body
- Water cools the body
- Water helps digest foods
- Water improves skin complexion

Milk: Not Just for Kids!

- All types of milk contain Calcium and Vitamin D which help keep your bones strong.
- White milk is best. Flavored milks such as chocolate, strawberry and banana have more fat, calories and added sugar than white milk.
- Calcium and Vitamin D also help with muscle and nerve control, blood clotting, and blood pressure regulation
- Milk is especially important for pregnant and breastfeeding moms. Not having enough calcium may lead to bone loss and increase your risk for osteoporosis.

Don't like milk?

- Try to eat 3 servings a day of other high calcium foods such as:
 - low fat cottage cheese
 - non-fat/lite yogurt
 - part skim ricotta cheese
 - canned salmon with bones
 - enriched soy milk.
- Try milk in smaller amount – about a 4 oz. glass.
- Try 100% juice fortified with calcium.

If you cannot eat these calcium rich foods, talk to your doctor or dietitian for a calcium supplement recommendation.



What About Diet Soda?

- Diet soda does not contain sugar or calories, but it can still contribute to cavities and bone loss.
- If you drink diet soda, limit to one serving a day.
- Caffeinated drinks may cause you to be nervous, affect your attention span and disturb your nighttime sleep.

Notes:

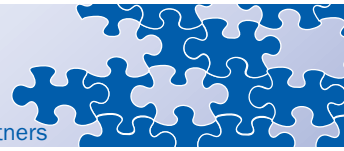
QUICK TIPS

Better Choices Made Easy!

- Carry a reusable bottle of water (an inexpensive thirst quencher!) and refill it throughout the day



- If you don't like plain water, add slices of fruit such as lemons, limes or oranges
- Try sugar-free drinks like flavored waters (Dasani™ and Fruit 2.0™), Crystal Light™, and sugar-free Kool-Aid™
- Order water with your restaurant meal
- Tap water is free!



Limit your sugary drinks and ditch the extra calories!

- Avoid drinks with sugar such as Kool-Aid, soda, and fruit drinks.
- Fruit juice has vitamins but can have as many calories as soda.
- If you do drink juice, limit to 6 oz. of 100% juice per day.
- Better yet, choose fruit instead of juice to get the same nutrients plus fiber.
- Avoid energy drinks—they contain tons of caffeine and sugar.
- Sports drinks like Gatorade™ and Powerade™ contain sugar, sodium and calories. You would need to play 40 minutes of basketball to burn off a 32 oz. sports drink that contains 280 calories – water is best for hydration!

About Alcohol

If you choose to drink alcohol, do so once in a while. Women should not have more than one drink a day and men should not drink more than two. Remember, alcoholic drinks have lots of calories but have little nutritional value.

Drinking can be harmful to your health. Women who are pregnant or breastfeeding should not drink alcohol. Avoid drinking alcohol if you are participating in an activity that requires skill, concentration such as driving or operating machinery. Drinking alcohol while taking certain medication is not safe.

BE A ROLE MODEL FOR YOUR FAMILY AND FRIENDS AND CHOOSE HEALTHY LOW-CALORIE BEVERAGES

Notes:
