

TRADING SUGARY DRINKS FOR WATER

Now that you have a new baby, it is important to take simple steps to get healthier. Substituting water for soda is an easy way to reduce calories and lose weight. One can of soda has about 150 calories. Drinking one soda per day for a year (365 days) adds 54,750 calories each year. There are 3500 calories per pound, so one soda per day can add **15.64 POUNDS PER YEAR**. Trading sugary drinks for water is a simple substitution you can make to help you lose weight and make yourself and your baby healthier.

Calories from sugary drinks, such as juice and sodas do not have health benefit.¹ Coffee drinks and blended fruit smoothies sound innocent enough, but the calories in some of your favorite coffee-shop or smoothie-stand items may surprise you. Check the in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in different menu items.

Your child starts watching everything you do from the time they are born. Start developing healthy habits so that your child can grow up with those same healthy habits. Trading sugary drinks for water is one of the most important healthy habits you can teach your child.

WHAT TO LOOK FOR:

Transitioning from a high calorie soda to a drink that is artificially sweetened can be tricky. In fact, you might be replacing one kind of addiction for another. Studies have shown that when we eat sweet foods, whether they are naturally or artificially sweetened, our appetites increase. So, if you replace your regular soda with a diet variety you might be eliminating calories only to replace them again when your sugar craving kicks in.

TIPS OF THE WEEK

- Substitute water for soda or juice.
- Check out the nutrition facts label to find out how many calories and what sweeteners are in your drink

The Nutrition Facts label on drinks lists the number of calories in a drink. Sweeteners that add calories to a beverage go by many different names and are not always obvious on the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar- sweetened beverage.

WHAT YOU CAN DO:

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- Carry your water bottle and refill it throughout the day. This is the most inexpensive and easy way to stay hydrated!
- Don't buy sugar-sweetened beverages at the store or stock your fridge with sodas. Instead, keep a pitcher or bottles of cold water in the fridge. This will not only help you make the right beverage choice, it will also set a good example for your family!
- Drink a glass of water with all of your meals.
- Make water fun! Add slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- You can also add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

IF THESE APPEAR IN THE INGREDIENTS LIST OF YOUR FAVORITE BEVERAGE, YOU ARE DRINKING A SUGAR-SWEETENED BEVERAGE.

- High-fructose corn syrup
- Sugar
- Corn Syrup
- Fructose
- Honey
- Sucrose
- Fruit juice concentrate
- Syrup
- Dextrose

- If you do decide to drink a sugar-sweetened beverage, choose the smallest size available. 8-oz. cans and bottles of soda contain about 100 calories, which is less than the usual 12 oz can.

OCCASION	INSTEAD OF...	CALORIES	TRY...	CALORIES
Morning coffee shop run	Medium cafe latte (16 oz) made with whole milk	265 cal	Small cafe latte (12 oz) made with fat-free milk	125 cal
Lunchtime combo meal	20 oz bottle of regular soda with your lunch	227 cal	Bottle of water or diet soda	0 cal
Afternoon break	Sweetened lemon iced tea from the vending machine (16 oz)	180 cal	Sparkling water with natural lemon flavor (not sweetened)	0 cal
Dinnertime	A glass of regular ginger ale with your meal (12 oz)	124 cal	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 cal for water with fruit slice, or about 30 cal for seltzer water with 2 oz of 100% orange juice
Total beverage calories:		796 cal		125-155 cal

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TYPE OF BEVERAGE	CALORES IN 12 OZ	CALORIES IN 20 OZ
Fruit punch	192 cal	320 cal
100% Apple juice	192 cal	300 cal
100% Orange juice	168 cal	280 cal
Lemonade	168 cal	280 cal
Regular lemon/lime soda	148 cal	247 cal
Regular cola	136 cal	227 cal
Sweetened lemon iced tea (bottled, not homemade)	135 cal	225 cal
Tonic water	124 cal	207 cal
Regular ginger ale	124 cal	207 cal
Sports drink	99 cal	165 cal
Fitness water	18 cal	36 cal
Unsweetened iced tea	2 cal	3 cal
Diet soda (with aspartame)	0* cal	0* cal
Carbonated water (unsweetened)	0	0
Water	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the nutrition facts label.

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Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

TYPE OF MILK	CALORES PER CUP (8 OZ)
Chocolate milk (whole)	208 cal
Chocolate milk (2% reduced-fat)	190 cal
Chocolate milk (1% low-fat)	158 cal
Whole milk (unflavored)	150 cal
2% reduced-fat milk (unflavored)	120 cal
Fat-free milk (unflavored)	90 cal

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RECIPE OF THE WEEK

MANGO MINT

- 6 cups of water
- 4 sprigs of mint
- 1 cup of cubed mango
- 2 thinly sliced limes



Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

RESOURCES:

CHOOSE HEALTH LA

choosehealthla.com

CDC – WATER & NUTRITION

cdc.gov/healthyweight/healthy_eating/drinks.html

APPS:

WATERLOGGED

itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8

REFERENCES:

1. U.S. Department of Agriculture. Empty Calories Chart: How do I count the empty calories I eat? Choose My Plate <http://www.choosemyplate.gov/supertracker-tools/empty-calories-chart.html>.
2. Tate DF, Turner-McGrievy G, Lyons E, et al. Replacing caloric beverages with water or diet beverages for weight loss in adults: main results of the Choose Healthy Options Consciously Everyday (CHOICE) randomized clinical trial. *The American journal of clinical nutrition*. 2012;95(3):555-563.
3. <http://www.cdc.gov/nccdphp/dnpao/index.html>: Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion