

Best Beverage Bets



Do You Know ...

... that staying well-hydrated can help you feel good and improve your mood? Many people get irritable and crabby when they are dehydrated. Some people also tend to overeat when they are thirsty.

What's so great about milk?

- **Milk tastes great** – especially when it's ice cold and refreshing. Flavored milk (like chocolate and vanilla) also has the nutrients your body needs.
- **Milk has the perfect bundle of nutrients** - Protein, calcium, phosphorus, and magnesium all help build strong bones and beautiful teeth.
- **Milk comes in delicious fat-free and low-fat versions** - same nutrients, fewer calories. Drinking milk can also help maintain a healthy weight.

Why should I cut back on soft drinks?

LOTS of Sugar

- A 12-ounce can of regular pop has about 10 teaspoons of sugar and 150 calories. A super-size drink can have 33 teaspoons of sugar and more than 500 calories.
- To cut back on calories, cut back on regular pop.

NO Nutrition

- Regular soft drinks have lots of sugar and NO nutrients.
- Diet pop has nothing except fluid, caffeine and artificial flavorings.
- If you want great teeth and long-lasting energy, it's time to rethink your daily drinks.

Do Energy Drinks Give You Energy?

Energy drinks are very expensive mixtures of caffeine, sugar, and water (sometimes with herbs, vitamins, or minerals).

- Anything with sugar will give you energy. However, your body burns through sugar quickly – so it is not a good source of long lasting energy.
- Herbs, vitamins, and minerals do not provide an extra energy boost. Some of these “additives” can be dangerous to your health.

How Much Caffeine Does It Have?

Caffeine is a powerful stimulant. People vary in their sensitivity to it. Experts advise no more than 300 milligrams per day.

Just to give you an idea...

Regular coffee (8 oz.)	85 mg
Espresso (1 oz.)	40 mg
Black/green tea (8 oz.)	40 mg
Most colas (12 oz.)	30-50 mg
Mountain Dew (12 oz.)	55 mg
Sobe No Fear (8 oz.)	158 mg
Red Bull (8.5 oz.)	85 mg

Q: What is the best beverage for sports performance?
A: Water is best in most situations.

- ✓ **Drink sports beverages in moderation.**

Sports drinks may be helpful if your activity lasts more than an hour – or if the intensity is very high. However, too many sports drinks can add extra, unnecessary calories.

- ✓ **Check your fluid levels regularly.**

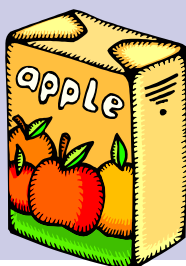
The best way to tell if you are taking in enough fluids is to check your urine. If it is clear or pale yellow, you’re doing great. If not, grab a bottle of water and drink up!!

Q: Is juice a good substitute for soft drinks?

A: It depends on the kind of juice you drink.

- ✓ **When you drink juice, choose 100% fruit or vegetable products.**

Some juice drinks are a pretty poor nutrition bet - with as little as 5% juice and almost as much sugar as a soft drink. Read labels carefully - and always choose products that say 100% juice. Even 100% juices can add extra calories quickly, so keep your juice intake to a glass or two a day.



RETHINK YOUR DRINK ONLINE

Want to know how many calories and nutrients are in your favorite drinks?
Want to know which beverages give you the most nutrition per calorie?

Check out all the details @

www.whymilk.com/moms/health_thinkdrink.html

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