Rethink Your Drink

Sugar sweetened beverages are ruling our store shelves and our drink preferences. There is soda, sports drinks, power drinks, drink mixes, lemonade, sweet tea, or designer coffees. The list just goes on and on. With such a variety of different drink choices, it is easy to mindlessly pick something from the shelf.

However, these drinks are filled with empty calories and excess sugar. The term empty calories means there is little or no nutritional value to the beverage. Plus the excess calories found in these beverages can lead to unintentional weight gain. Excess sugar is harmful to our teeth and can lead to dental problems.

Healthier choices would be black coffee, water, low-fat or fat free milk, unsweetened tea, and sugar-free beverages such as diet soda, and sugar free drink mixes.

Many of our beverages may not only contain excess sugar or calories, they can also contain caffeine. Caffeine is considered a diuretic, which further dehydrates the body and causes you to consume more to quench your thirst. It is best to drink caffeine free beverages when feeling thirsty.

Cut out the sugar sweetened, caffeinated, high calorie beverages. Instead incorporate beverages that are low calorie, low in sugar, and low in caffeine. Making this simple switch, depending on how much you normally consume, can save hundreds (maybe thousands) of excess calories per day.

STOP	**Drink Rarely, if at all**	Regular Sodas Sports Drinks Sweetened Coffee Drinks Energy Drinks Sweetened Tea Fruit and Juice Drinks with added sugar
CAUTION	**Drink Sometimes**	Diet Sodas Diet Iced Tea 100% Juice Drinks Chocolate Milk Low Calorie – Low Sugar Drinks Low Calorie Sports Drinks
GO	**Drink Freely**	Water Seltzer Water Skim or 1% Milk Unsweetened Tea Unsweetened Coffee