

Smart Choices

Nutrition News

Prepared By: Cathy Agan, Extension Agent (FNP)
 Terri Crawford, Extension Agent (Nutrition)

Are You Drinking Too Many Calories?

Not all drinks are created equal. Beverages can add extra calories, fat and sugar to a daily diet. It is just as important to make wise choices with your drinks as it is with your other foods. Making a change in your beverage choices can provide your daily diet with more nutrition while cutting out the extra calories provided by beverages in the diet.

Let's take a look at the most common beverages we drink and their nutritional and health value.

Plain Water

Plain Water is a great choice that will help keep you hydrated. It is recommended that the average person drink six to eight 8-ounce glasses of water every day. You need to drink more water when the temperature is very warm or you are physically active.



It is important to drink water before, during and after being physically active. Keep a water bottle handy at home, in the car, at school or work.

"Enhanced" waters are waters that have additional things added to it such as flavors, vitamins, fiber, minerals, etc. They may be higher in calories because of the enhancements added to the water.

Be aware of the calories and the serving size of these waters. Some of these may have as much as 40 to 60 calories per serving and that may equal to 100 to 150 calories per bottle. Plus, there may be no other nutritional value to the water.

Fruit Juice

Most fruit juices are made with added sugars and may contain as little as 5 or 10% real fruit juice. The best choice in fruit juices are those that contain 100% fruit juice. Anything else adds calories and little nutritional value. Keep in mind that a juice which is advertised as a "punch" or "ade" probably does not contain 100% juice. The American Academy of Pediatrics recommends that children between the ages of 1 and 6 should only drink about 4 to 6 ounces of 100% juice daily and older children should limit juice consumption to 8 to 12 ounces a day.



Milk

Milk is packed with nutrition from vitamins and minerals 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. There is no



reason for anyone over the age of 2 to drink whole milk.

Flavored milks are going to provide the same nutrition as regular milk but may have some additional calories because of the added flavoring and sweeteners used in making it. When choosing flavored milks try to choose those which are lower in fat.

Soft Drinks

Carbonated soft drinks are the single biggest source of calories in the American diet. Teens get about 13 percent of their daily calories from drinking carbonated and non-carbonated soft drinks.

Soft drinks add lots of calories to the diet with no nutritional value. A typical 20 ounce bottle of soda contains 17 to 22 teaspoons of sugar.



It is a smart idea to try and make soft drinks a sometimes drink. Drinking smaller portions will also reduce the number of calories you get from soft drinks.

Diet soft drinks usually contain zero calories but again it has no nutritional value.

Making Smart Drink Choices

DRINK MILK

- ◆ Children 1—2 years: 2 cups per day of whole milk.
- ◆ Children 2—8 years: 2 cups per day of fat-free or low-fat milk.
- ◆ Children 9 years and older: 3 cups per day of fat-free or low-fat milk.
- ◆ Adults: 3 cups per day of fat-free or low-fat milk.

DRINK 100% JUICE

- ◆ Infants: No juice before 6 months. Offer juice in a cup, not a bottle. Do not give juice at bedtime. Juice should be limited to no more than 4 ounces a day.
- ◆ Children ages 1—6 years: Limit juice to 4 to 6 ounces per day.
- ◆ Children ages 7—18 years: Limit juice to 8 to 12 ounces per day.
- ◆ Adults: Eating the whole fruit—fresh, frozen, canned or dried—is recommended instead of drinking juice to get fiber provided from the fruit.

DRINK FEWER REGULAR SOFT DRINKS

- ◆ Make soft drinks a sometimes drink.
- ◆ Drink smaller amounts of soft drinks.
- ◆ Select diet soft drinks or tea sweetened with low-calorie sweeteners instead.

Sugar by Any Other Name

Look for these terms on the ingredients label of beverages to determine if they contains added sugars.

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