



DRINK WATER

We need water for our bodies to work their best and to maintain a healthy weight. Too many of us choose to drink juices, sports drinks and sodas instead, which ***do not rehydrate us.*** Sugary beverages are one of the largest contributors to the excessive amount of calories and sugar consumed by Americans. The average teenager consumes approximately 400 calories per day and average adult 420 calories per day in sugar alone – many of which come from beverages¹. Let's get real about the harmful effects of NOT choosing to drink water...

The Facts:

- ***Fruit juice and fruit drinks*** are loaded with calories and sugar. Even 100% juice is laden with calories and low in nutrition. Surprisingly, 8 oz of apple juice has 20 more calories than 8 oz of regular cola. Young children who consume too much juice are especially susceptible to tooth decay, obesity and irritable bowels. ***Drinking one small juice per day can cost upwards of \$500 per year.***
- ***Sports drinks*** are high in calories and artificial dyes. Most athletes, young and old, are not sweating enough to require this level of rehydration. ***The Academy of Nutrition and Dietetics recommends sports drinks only after a high-intensity work-out exceeding one hour***². Drinking one 20 oz sports drink per day can cost \$544 per year³.
- ***Sodas*** have a near ZERO nutritional value. ***Regularly ingesting the sugar and additives in soda can cause bone loss, strain your pancreas and ultimately lead to diabetes.*** Diet or artificially sweetened drinks can increase appetite and lead to weight gain. Drinking just one 12 oz soda per day adds 140 calories and can cost \$183 per year⁴.

CHOOSING WATER FOR YOURSELF AND YOUR FAMILY:

1. **Stop buying sugary drinks.** You will save money at the grocery store and drastically reduce the calories your family is consuming.
2. **Set an example by choosing water while dining out and eating at home.** **Start gradually by diluting juice with water or limiting sugary beverages daily or weekly at first, if you are having difficulty. Use fresh fruit to flavor water without adding sugar and calories.*
3. **Remember –** Water is practically free, widely available with no health risks. It is what our bodies are designed to drink! **Try for 8 x 8 by drinking at least eight 8 oz glasses of water per day.*

¹ Boston Public Health Commission on Sugar Sweetened Beverages, 2009

² Heather R. Mangieri, Academy of Nutrition and Dietetics Spokesperson, 2012

³ "Mountain Medicine: Consumption of Sports Drinks by Children, Teens Problematic", Sheila Walsh, azdailyson.com, 1/21/2013

⁴ "The True Cost of Drinking Soda", Malia Frey, about.com, 1/4/2013

