

DRINK TO YOUR HEALTH

It's not just what you eat



Size makes a difference

Estimated calories for popular drinks*
Compare to the amount you drink daily.

Beverage	12-ounce Can	20-ounce Bottle
Fruit punch	192	320
100 percent apple juice	180	300
100 percent orange juice	168	280
Lemonade	168	280
Regular lemon-lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0**	0**
Carbonated water (unsweetened)	0	0
Water	0	0

*Source: Adapted from Rethink Your Drink, Dept. of Health and Human Services and Centers for Disease Control and Prevention.
** Some diet soft drinks can contain a small number of calories that are not listed on the Nutrition Facts label. (USDA National Nutrient Database for Standard Reference)

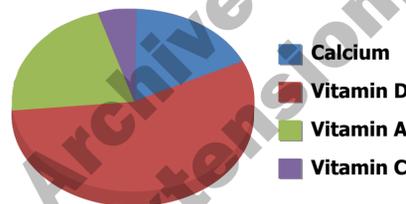


What's the buzz on energy drinks?

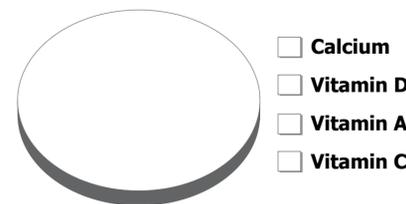
- Energy comes from stimulants (caffeine, guarana, ginseng and green tea) and sugar.
- Measuring the amount of caffeine is difficult.
- Drinks can have negative side effects:
 - Difficulty sleeping
 - Increased heart rate
 - Increased blood pressure
 - Irritability
 - Nervousness

What do you get for the calories?

Nutrients (% Daily Value)
1 percent milk (8 ounces)
100 calories, 8 grams protein



Nutrients (% Daily Value)
Soda pop (12 ounces)
150 calories, 0 grams protein



What you drink matters

- Choose drinks that will boost your nutrient intake and not just your calorie intake.
- Limit empty-calorie drinks that are high in sugar and/or fat.



It's easy to make better drink choices

- Stock your refrigerator with nutrient-rich drinks.
- Carry a water bottle and refill it throughout the day.
- Choose water, fat-free or low-fat milk and diet or low-calorie drinks instead of sugar-sweetened drinks.
- Choose 100 percent fruit juice in moderation.
- Try drinking vegetable juice for a snack.
- Go for the smaller size if you choose a sugar-sweetened drink.
- Serve water with meals.
- Add flavor to water by adding a slice of lemon or lime or a splash of 100 percent fruit juice.



How much sugar is in soda pop?



12-ounce can

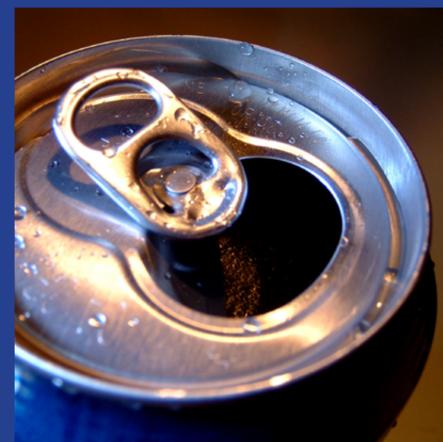
20-ounce bottle



15 to 18 teaspoons sugar*
250 calories*

9 to 11 teaspoons sugar*
150 calories*

*Source: Soft Drinks and Weight Gain: online at missourifamilies.org



Sports drinks and soft drinks

- Contain large amounts of sugar and calories
- May spoil appetite
- Can cause tooth decay
- Can increase caloric intake and lead to weight gain

Read labels carefully

- Watch serving sizes — there may be several servings in a can or bottle.
- Compare calories and nutrients.
- Look for hidden calories in the form of sugar or fat.



Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fstamp.

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