

Just Add Water! challenge

H2O Hydration Habit

One proven method to avoid drinking your calories is to reach for water. The empty calories found in sodas, sport drinks, cream-filled coffee, and juices can lead to weight gain, which can cause an increased risk of diabetes, heart disease, arthritis, and some cancers. Nothing beats water—it's sugar-free and calorie-free! It's an all-natural thirst quencher. Stop. Think. Drink. Use the tips below when choosing your next drink.

1. BYOB

Bring Your Own Bottle to work, the gym, and everywhere in between, especially the car! When you're equipped with a water bottle, you're more likely to stay hydrated. When picking a portable option, look for a BPA-free (bisphenol A) product. Exposure to BPA should be avoided when possible. When in doubt, use glass or stainless steel containers.

2. Downsize, don't supersize

When you're craving your favorite beverage, choose to downsize rather than supersize. In general, remember to be mindful of portion size with your plate and with what you pour. Beverage portion size is equally important, so use a small cup and be aware of your consumption. Avoid refills, unless it's a healthy choice, and order a kid's size drink from time to time.

3. Re-hydrate

If you're physically active on a regular basis, be sure to re-hydrate and energize your muscles. Don't wait until you are thirsty—at that point, you are already dehydrated. Drink enough water before, during, and after your workouts. A rule of thumb is to drink 5 to 9 ounces for every 20 minutes of exercise. Stay safe—even as little as 2% dehydration can negatively impact endurance.

4. Lead the water way

Set a good example and be a liquid leader. Encourage others to re-think their drink by being a strong role model for family, friends, and co-workers—grab a glass or pitcher to share!

DID YOU KNOW?

Water works for you and benefits your body. It aids with:

- Joint health
- Organ function
- Regulating body temperature
- Strong immune system
- Skin and hair
- Digestion

Visit WebMD.com/diet/features/6-reasons-to-drink-water for more ways water can help your body!



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Caffeine Craze

Drinking caffeinated beverages isn't uncommon. In fact, about 83% of adults drink coffee every day. While most experts agree that drinking some caffeine each day is harmless, intake should be limited to avoid potential health complications. Check out the caffeine fast facts below:

1. Caffeine is a naturally-derived drug...sometimes

Caffeine is found naturally in more than 60 plants, such as coffee beans, tea leaves, kola nuts, and cacao pods. These types of caffeine flavor some of our favorite foods and drinks—coffee, tea, soda, and chocolate. Sometimes man-made caffeine is added into foods and medicines to stimulate the central nervous system, which increases alertness. Caffeine is listed as both a food additive and a drug by the Food and Drug Administration, and it is habit-forming if consumed at high levels. Experts recommend drinking moderate amounts of caffeine—two cups of coffee or four sodas a day translates to roughly 200 mg of caffeine. Four to seven cups of coffee or more than five 12-ounce cans of soda is too much.

2. Caffeine affects your body in several ways

In addition to increased alertness, caffeine increases the amount of acid in your stomach, leading to heartburn in some cases. It is also a diuretic, which makes your body flush out water quickly. In fact, drinking caffeine when you're thirsty will actually make you thirstier than drinking nothing at all. It also increases your heart rate, so people with heart problems or with high levels of anxiety often find that caffeine makes their symptoms worse. Certain people are affected by caffeine more than others and may feel jittery, nervous, or have a hard time sleeping.

3. Caffeine and your waistline

Caffeine itself has very few nutritional components and neither affects nor hinders one's diet. However, the way caffeine is delivered, in most cases, is what makes over-consumption hazardous for your waistline. Adding milk, cream, sugar, or flavored syrups can take your cup of coffee from 2 calories per cup to more than 100! Consider drinking your coffee black to avoid sipping on excess calories.

Check out the chart on the right to see how many caffeine calories can be found in some of your favorite drinks.

Beverage	Size (Fluid Ounces)	Caffeine (Milligrams)	Calories
Coffee	16	330	5
Starbucks® latte	16	150	190
Tea	16	70	0
Hot chocolate	5	8	60
Mountain Dew®	12	55	170
Coke®	12	64	210
Diet Coke®	12	45	0
Monster® Energy Drink	16	185	200



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Soda Smarts

Calories are found (and often forgotten) in soda bottles, big gulps, and free refills. The average American drinks 44.7 gallons of soda each year, totaling 169.2 liters or 476.8 cans, equaling 66,752 calories. That's 19 pounds in liquid calories a year! And, all 66,752 of those calories lack nutrients.

Whether you drink soda because it's sweet or because you like the fizz, kicking the king of carbonation can be difficult. Below are some soda substitutes that are satisfying, nutritious, and low-calorie options.

Swap your next sip with one of the following:

Flavored water. Flavored water is everywhere. However, it still contains lots of added sugar, so flavor your own water instead! Be creative by adding cut fruits and herbs to flavor your water in an all-natural way. Cucumber-ginger, strawberry-lemon, orange-mint; the combinations are unlimited. Experiment and give your taste buds a treat. When you find your favorite flavor, stick with it. Or keep a wide variety of flavors "on tap" to enjoy!

Milk moustache. Low fat and no-fat milk still have calories, but these options are rich in vitamins and minerals. Calcium found in milk helps build strong bones and teeth. Plus, milk is great source of protein and vitamin D.

Tasteful tea. Whichever teas you prefer—green, black, herbal—they all have been shown to contain high levels of antioxidants, which are believed to protect the body from damage. If you don't like tea plain, add a dash of honey. Just remember to do so sparingly, because calories can add up fast—each teaspoon of honey contains 21 calories!

Home fruit juice. Not all fruit juices are created equal, and many have added sugar, but when mixed with seltzer you can dilute the sugar content and enjoy a bubbly-sweet beverage. Try this recipe in replacement of juice or as a substitute for soda: Start with a tart juice, such as cranberry. Add four ounces of seltzer to four ounces of juice and garnish with a lime. Enjoy your tasty treat!

DID YOU KNOW?

Soda sizes are growing! The size of a bottle in 1990 seems small compared to the super-sized sodas you see today.

A 12-ounce can vs. a large fountain drink (4-5 regular cans) is an increase of 420 calories!



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Juice Abuse

The guidelines for healthy eating include five servings of fruits and vegetables per day. Fruit juice that is 100% can count as a serving of fruit, so sipping several cups of juice in a day is a healthy way to fit in fruits and vegetables, right? Well, not exactly. Let's look a little deeper into the glass to understand the juice facts:

1. Not the same nutrients

Fruit and vegetable juices do not contain the same nutrients as the whole food—especially fiber. Found in the flesh of the fruit or vegetable, fiber helps you feel fuller longer, because it takes longer to break down in your digestive system. Juice gives you all of the calories of a piece of fruit without the feeling of being full, leading to over-consumption.

2. Calorie overload

While drinking eight ounces of juice will count toward one serving of fruits and vegetables, the calories are different between juice and a piece of whole fruit—it's better to eat a whole fruit than drink it. Grab a bunch of grapes, instead of a glass of juice. Here's why:

Fruit	Calories in one serving whole fruit	Calories in 8 ounce fruit juice
Apple	72	120
Orange	45	112
Grape	62	154
Pineapple	74	140

3. All sugars are not created equal

Scientists generally consider consuming too much sugar as a contributing factor to obesity. While most scientists agree that getting natural sugars from fruit are not part of this equation, getting natural sugars only from fruit juice can still cause excess intake of sugars. In fruit juice, fructose is released into the blood stream all at once, making the pancreas work overtime to metabolize these sugars. Repeated spikes in sugar can lead to insulin resistance and Type 2 Diabetes.

4. Too much sugar

The amount of sugar in juice (roughly one teaspoon per ounce) can be hard on your teeth, especially if you consume sugary drinks with regularity. Remember to brush, floss, and rinse to help prevent cavities and tooth decay. Keep in mind, the effect of sugar on teeth is especially hard on children who still have their baby teeth. In general, children under one year old should only have $\frac{1}{4}$ cup of juice per day, while children between the ages of one and five should only have $\frac{1}{2}$ cup per day. Consider diluting juices by adding water to reduce the sugar content.

DID YOU KNOW?

Stay savvy when it comes to sugar by remembering it has many other names, including:

- High-fructose corn syrup
- Corn sweetener
- Corn syrup
- Dextrose
- Fruit juice concentration
- Glucose
- Molasses
- Sucrose
- Cane sugar

