Skip Sugary Drinks and Save your Waistline

By now you have probably heard that drinking sugary beverages, such as soda, is bad for your health. But did you know that drinking sugary drinks is also bad for your waistline? Here are the details:

- Drinking just one 20-ounce bottle of a sugary beverage a day can result in gaining 25 extra pounds a year!
- A child’s risk of becoming obese increases by 60 percent with each additional sugary beverage consumed daily.
- Most sugar-sweetened beverages add calories without providing any nutritional benefit. This is known as consuming “empty calories.”
- Because sugary drinks are not as satisfying as solid foods, you’re likely to consume too many such drinks in order to feel full — and so you are more likely to gain weight.

You would need to add 16 teaspoons of sugar to your coffee to equal the amount of sugar in one 20-ounce soda.


Make the switch to water!

Here are some good things about water — it:

- Helps reduce fatigue and headaches.
- Helps keep away bad breath.
- Regulates body temperature and keeps you alive!


Fruit- and/or veggie-infused water

Don’t like plain water or trying to make the switch from high-sugar drinks to plain water? Try adding fresh or frozen fruit to your water to give it more flavor. You may also add vegetables, if you wish. Here’s how to make fruit- and/or veggie-infused water.

- Wash your choice of fresh or frozen fruit and/or veggies.
- Cut fruit and veggies in chunks or slices and add them to a pitcher or reusable water bottle.
- Fill with the pitcher or water bottle with tap water.
- Refrigerate for a few hours to allow the water to absorb flavor.
- Experiment with what flavors and amounts you like the best. Try lemon lime or cucumber orange!

Physical Activity Corner

Only elite athletes who are working out in very hot weather for a long time need specialty sports drinks. Most of us are better off with plain water. Sports drinks contain added salt and sugar (electrolytes) that normal people doing normal activities just don’t need. To keep from getting dehydrated, drink some water before you go out and play or exercise, and then drink some more water when you’re done.