



SCALE BACK ALABAMA RETHINK YOUR DRINK

Did you know that calories may be sneaking into your total daily intake without you knowing? These tricky calories are often hidden in plain sight. They are found in the beverages that we enjoy like: sodas, energy drinks, sports drinks, alcoholic beverages and even juice! Who knew you could consume so many extra calories from beverages?

How many calories are in your drink?

For common drinks and their calorie content, visit this link: http://www.cdc.gov/healthyweight/healthy_eating/drinks.html. If your favorite drink does not appear on this site, try the company's website for nutritional information.

How can you make healthier beverage choices?

Don't super-size it! At coffee shops, smoothie stands, and fast food restaurants, go for the smaller size or child's size. This portion control will limit your calories from beverages and limit the temptation of mindless consumption.

Limit or skip the cocktail! Alcoholic drinks are extremely high in calories. Those fruity concoctions with umbrellas are loaded with calories and extra sugar. Beer and wine also contain a large amount of empty calories. For an alcoholic drink calorie calculator, visit this link <http://rethinkingdrinking.niaaa.nih.gov/toolsresources/caloriecalculator.asp>. Can't resist? Then, try to stay away from the sugary mixed drinks. Maybe mix your alcohol of

choice with fresh fruit juice. You could also cut calories by choosing a "light" beer. Finally, try to drink several glasses of water during the time you are drinking alcoholic beverages to keep you hydrated.

Drink more water! Drinking water will keep you hydrated with ZERO calories. The recommended amount of water to drink daily is 64 ounces or 8 cups. If you need a little extra splash to make your water more enjoyable, try adding some freshly cut lemons, oranges, or another fruit of your choice.

What about other healthier drinks?

100% Juice Juices that contain 100% fruit juice offer many vitamins and minerals and are typically lower in calories. Avoid juices labeled with the words "cocktail" or "concentrate." These are loaded with sugar and offer very little nutritional value.

Low-fat or Fat-free Milk Low-fat or fat-free milk is a great source of calcium without all the calories! The recommendation for adults is 3 cups of dairy products per day. Note, this can be any dairy product (low-fat cheeses, yogurts, or milk). Maybe you can kick start your day with a glass of milk every morning!

Use the following as a guide to rethink your drinks: http://www.adph.org/obesity/assets/ReThinkPoster_Adult_Revised.pdf.

FAMILY MATTERS: Do your kids love flavored milk? Watch out because there can be hidden calories in the form of fat and sugar. Be sure to provide milks that are 1% or skim with the least amount of added sugar when flavored milks are desired. Click the link to see the guidelines on flavored milk for kids.

<https://www.heart.org/en/news/2019/09/18/what-should-your-baby-or-child-be-drinking-health-groups-now-agree>

The following link will help you to rethink drinks for kids: http://www.adph.org/obesity/assets/ReThinkPoster_Children.pdf