

Lesson 3 ♥ How Much Sugar Is in Your Favorite Drinks? - Teacher 411



Teacher 411: Beverages

Beverages are a significant part of some people's diets. However, the variety of available beverages—and the many options of container sizes—can make choosing a healthy beverage seem complicated. Here is important information about some of the most common beverages.

Water

Why is it important to drink adequate amounts of water?

- About 60% of the body is water.
- All parts of the body depend on water.
 - Water carries nutrients to cells.
 - Water flushes out toxins from the body.
 - Water keeps body tissue moist.
- Not drinking enough water can lead to dehydration.

Why is water the best beverage to drink?

- It's calorie-free.
- It's inexpensive.
- It's readily available.



How much water should people drink?

- Daily recommendation:
 - Men: 8–13 cups of water
 - Women: 8–9 cups of water
 - Children: 6–8 cups of water
- Drink enough water so that you rarely feel thirsty.
- If you're drinking enough water, your urine should be colorless to slightly yellow.

What can increase your water needs?

- Exercise
- Hot or humid weather
- Certain health problems

Milk

The amount of milk that children and adults drink has decreased. This is alarming since milk is one of the primary sources of some essential nutrients.



Why is it important to drink milk?

- Milk supplies protein, calcium, and vitamin D, all of which are needed for the growth of strong bones and teeth.

How much milk should people drink?

- Children 8 years old and younger should drink 2 cups per day.
- Older children and adults should drink 3 cups per day.

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How can people who can't drink milk get enough calcium?

- Soy milk or rice milk with added calcium are good choices.
- Yogurt and cheese also supply calcium.

What about other milk-based drinks?

- Flavored milks, milkshakes, floats, coffee with whole milk, and ice cream drinks should be limited. These drinks are usually high in calories and contain added fats and/or sugars.

100% Fruit Juice

How much 100% fruit juice should people drink?

- Because of the high natural sugar content, 100% fruit juice should be limited to 4 to 6 ounces per day for children between 1 and 6 years old. For children between 7 and 18 years old, 100% fruit juice should be limited to 8 to 12 ounces per day.
- For adults, 100% fruit juice should be limited to less than half of the daily recommended amount of fruit.



Soft Drinks and Other Sugar-Sweetened Beverages

There has been an increase in the number of sugar-sweetened beverages that children and adults drink. Sugar-sweetened beverages include soft drinks (sodas), sports drinks, energy drinks, coffee drinks, fruit-flavored drinks, juice drinks, and sweetened tea drinks. Most of these beverages contain a large amount of sugar and provide few or no beneficial nutrients.

Why should you limit the number of sugar-sweetened beverages?

- Beverages that contain a lot of sugar can lead to excess calorie consumption and weight gain.
- These beverages are not necessary components of a diet and should be considered as part of a discretionary calorie allowance. Discretionary calories are the balance of calories remaining in a person's "energy allowance" after meeting nutrient needs for a day. Most people have an allowance of only 100–300 extra calories each day. (For more information, visit www.choosemyplate.gov)

When is it appropriate to drink a sports drink?

- Sports drinks are appropriate to drink after you've done exercise for more than an hour, especially when you've sweated a lot.

Should children drink diet soft drinks?

- Diet soft drinks don't contain fat or sugar. However, they provide *no* beneficial nutrients. They also contain artificial sweeteners, which the Food and Drug Administration (FDA) recommends limiting in a child's diet. For these reasons, diet soft drinks are not recommended for children. Adults can include them in their daily consumption as long as these drinks do not displace their water needs.

Caffeinated Beverages

Beverages that contain caffeine are not recommended for children. Coffee and tea, as well as soft drinks and energy drinks (some of which contain caffeine), should be limited in children's diets. Adults can enjoy low-calorie coffee and tea, made with moderate amounts of low-fat milk and/or a sweetener. The addition of sugar and high-fat milk products can increase the caloric content of these beverages.