



Nutrition notes from WakeMed Children's Diabetes & Endocrinology



re-think your drink

Drinks are important for your body to stay well hydrated. Your body is made up of 50-75% water and replenishing your body's water is important for proper function. Today, Americans are drinking more soft drinks and less milk and water. The most popular American beverage is a carbonated soft drink.

> Water

- Water works best to hydrate your body.
- Keep water in the fridge in a pitcher or a bottle for easy accessibility.
- Flavor your water with a slice of lemon, lime or orange.
- Have your parents buy bottles of water instead of soda or sweetened beverages.
- Try unsweetened flavored water.
- Keep a water bottle with you at all times to encourage drinking water.
- DRINK WATER WHILE EXERCISING TO STAY HYDRATED!

> Milk

- Milk is essential for healthy teeth and bones.
- Milk is a great source of calcium and vitamin D.
- You need 3 cups of milk per day. Drink a cup at each meal!
- Drink skim or 1% milk to trim the fat.

> Soft Drinks

- A 12-ounce can of soda contains 150 calories and 10 teaspoons of sugar.
- People who consume soft drinks take in more calories than those who do not.
- Soda, tea and sports drinks contain large amounts of sugar and no vitamins or minerals.
- Sweetened drinks are the primary source of added sugar for children and youth.
- Intake of sugar sweetened beverages has been associated with weight gain, obesity and Type 2 diabetes.
- Not only are soft drinks adding calories and sugar to children's diets, they are also replacing more nutritious beverages such as milk.
- Unless you are engaged in vigorous physical activity for more than one hour, sports drinks are not necessary and plain water will adequately re-hydrate.

> Interesting facts about hydration

- 75% of Americans are chronically dehydrated and even mild dehydration will slow down the metabolism by 3%.
- 37% of people mistake thirst for hunger and one glass of water will shut down late night hunger pangs.
- Lack of water is the #1 trigger of daytime fatigue.
- A 2% drop in body water can trigger decreased short term memory, trouble with basic math and difficulty focusing on the computer screen or printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, breast cancer by 79% and bladder cancer by 50%.

> Nutrient Composition of Beverages

Beverage (8 ounces)	Calories (kcal)	Added Sugar (g)	Total Fat (g)	Calcium (% daily value)
Plain whole milk	150	0	8	30
2% milk	120	0	5	30
1% milk	110	0	2.5	30
Skim milk	80	0	0	30
Regular flavored milk*	210	13	10	30
Lowfat flavored milk*	160	3	0	30
Orange juice	110	0	0	2
Fruit punch	110	27	0	0
Sports drink	60	13	0	0
Sweet Tea	90	22	0	0
Soda	110	26	0	0
Vitamin Water (Glaceau Revive, Fruit Punch flavor)	50	12	0	0

* chocolate and strawberry