

# Drink to your health

(Family Features) Getting fit and losing weight are two of the most common goals people set for themselves each year. Between gym memberships, the latest diet trends and miracle-promising supplements, billions of dollars get spent each year on achieving fitness goals.

But what if one of the simplest things you could do for yourself wasn't found in a costly diet book or in an expensive pill?

Believe it or not, being properly hydrated is one of the best things you can do for your body. That means being in balance – the water your body loses from perspiration, breathing and other body processes is replaced by the water you consume.

Based on clinical trials on adults, published in the journal "Nutrition Reviews" in 2005, scientists have identified that dehydration has an impact on physical and mental performance. Even mild dehydration – a loss of 1 to 2 percent of body weight – can impact your mental and physical performance. In addition to being thirsty, mild dehydration can cause headaches, decrease your alertness, concentration and memory, and reduce your endurance.

So making sure you stay healthfully hydrated is an important part of taking good care of your body. And water is the key.

Good hydration is at the heart of a healthy lifestyle. Here are some tips for getting water into your daily routine:

1. Choose water instead of caloric, sweetened beverages, especially during mealtime.

2. For an easy and inex-

pensive thirst-quencher, carry bottled water throughout the day.

3. Give your water variety by adding slices of lemon, lime, cucumber or watermelon.

4. Choose flavored sparkling water as another zero-calorie option.

5. Drink a cup of water before and after workouts, and more if it's hot or your workout is long and strenuous. Sip water throughout the workout for steady rehydration.

Thirty-eight out of 50 states have obesity rates higher than 25 percent. Twenty years ago, no state had an obesity rate above 15 percent.

The average person gets more than 20 percent of their total caloric intake each day from beverages. Research suggests this number should be closer to 10 percent. To achieve that goal, pay attention to the calories per serving in all your beverages.

We drink about 450 calories a day. In 1965 we consumed only 225 calories from beverages.

Soda, energy and sports drinks are the number 4 source of calories for Americans, providing an average of 114 calories per day.

Unlike soft drinks and sweetened juices, water has no calories. In fact, making a simple switch such as replacing one 140-calorie sugared beverage a day with water can reduce 50,000 calories from your diet each year, as reported in the American Journal of Clinical Nutrition.

Source: Nestle Waters

## WATER

UP TO 6 CUPS, 0 CAL/CUP



ESSENTIAL FOR LIFE; HELPS THE BODY TO FUNCTION PROPERLY

## UNSWEETENED COFFEE/TEA

COFFEE: UP TO 4 CUPS, 0 CAL/CUP  
TEA: UP TO 8 CUPS, 0 CAL/CUP



ANTIOXIDANTS IN TEA AND COFFEE MAY PROTECT THE BODY FROM THE DAMAGING EFFECTS OF FREE RADICALS

## LOWFAT MILK/SOY

UP TO 2 CUPS, 100\* CAL/CUP



KEY SOURCES OF VITAMIN D, CALCIUM AND OTHER IMPORTANT NUTRIENTS

## DIET DRINKS

UP TO 4 CUPS, 0 CAL/CUP



CALORIE-FREE BEVERAGES WITH A SWEET TASTE

## 100% JUICE/SPORT

JUICES: UP TO 1 CUP, 115\* CAL/CUP  
SPORT: BASED ON DURATION AND INTENSITY OF EXERCISE



JUICES PROVIDE SOME VITAMINS AND NUTRIENTS; SPORTS DRINKS HELP HYDRATE ENDURANCE ATHLETES

## SODA/JUICE DRINKS

UP TO 1 CUP, 110\* CAL/CUP



CALORIE-RICH SWEETENED BEVERAGES

1 CUP = 8 FL OZ

\*AVERAGE CALORIC AMOUNT/CUP

## Water in foods

Did you know you can also keep hydrated by eating certain foods?

Food	% Water
Lettuce (1 1/2 cups)	95
Watermelon (1 1/2 cups)	92
Broccoli (1 1/2 cups)	91
Grapefruit (1 1/2 cups)	91
Milk (1 cup)	89
Orange juice (3/4 cup)	88
Carrot (1 1/2 cups)	87
Yogurt (1 cup)	85
Apple (one medium)	84

Information from the American Dietetic Association

# Sip Smart



Getty Images

Occasion	Instead of ...	Calories	Try ...	Calories
Morning coffee shop run	Medium cafe latte (16 ounces) made with whole milk	265	Small cafe latte (12 ounces) made with fat-free milk	125
Lunchtime combo meal	20-ounce bottle of non-diet soda with your lunch	227	Bottle of water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	A glass of non-diet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
<b>Total beverage calories</b>		<b>796</b>		<b>125-155</b>

USDA National Nutrient Database for Standard Reference