

Beverage Basics

for Adults



Make a healthy beverage choice. Choose these beverages every day!

Tap Water

- Drink tap water anytime! Tap water is an excellent choice to keep you hydrated.

Why tap water?

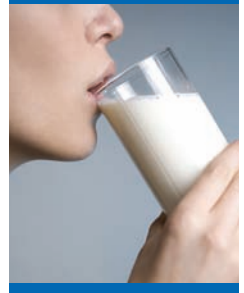
- Tap water has no calories and is inexpensive.
- Over 70,000 tests are done on our tap water every year.
- Each day in the Region of Waterloo 150,000 water bottles are put into recycling bins. Twice that many go into the garbage.

Milk

- Choose **two cups (500 ml)** of skim, 1% or 2% milk or fortified soy beverage every day. This will help you to get enough vitamin D and calcium to support healthy teeth and bones.
- Add your own flavouring to plain milk or soy beverage, it will reduce the amount of added sugar compared to pre-made drinks.

Unsweetened 100% Fruit Juice

- Look for “unsweetened fruit juice” or “100% juice” on the label.
- **Limit 100% fruit juice to 125 ml (1/2 cup)** a day and drink with a meal or snack to decrease the risk of cavities.



How much sugar is in a beverage?

Check the Nutrition Facts label.

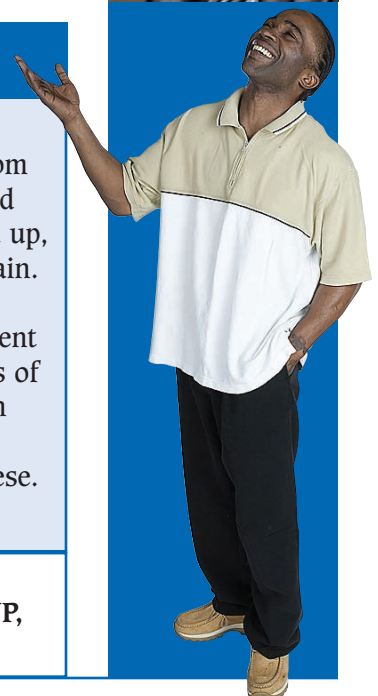
Sometimes the label gives the nutrition information for only part of the contents.

To find the total amount of sugar and calories, **multiply** the amount of sugar and calories on the label by the number of servings you are going to drink.

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 110	
Fat 0 g	0 %
Sodium 30 mg	1 %
Carbohydrate 30 g	10 %
Sugars 30 g	
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron	

Extra calories from sugar-sweetened beverages can add up, causing weight gain.

In 2004, 59 per cent of adults 18 years of age and over in Ontario were overweight or obese.



If any of these **INGREDIENTS** are listed, you are drinking a sugar-sweetened beverage: **SUGAR, SUCROSE, GLUCOSE-FRUCTOSE, HONEY, DEXTROSE, SYRUP, CORN SYRUP, MALTOSE AND/OR MOLASSES.**

Re-think these drinks: they should be limited or avoided

- Fruit Drinks**

Fruit drinks, beverages, punches and “ades” contain a small amount of real juice and a lot of added sugar.

- Sports Drinks**

Water is the best choice during physical activity unless you are going to be exercising intensely for more than one hour.

- Milkshakes**

Although these drinks can contain vitamin D and calcium, they are also high in calories, fat and sugar.

- Diet Soft Drinks**

These sugar free drinks contain acids, which are harmful to your teeth.

- Soft Drinks**

Other than calories from sugar, soft drinks offer no nutritional value and contain acids that can lead to cavities.

- Caffeine in Beverages**

Coffee, tea, energy drinks and some soft drinks contain caffeine, a stimulant that can cause dehydration, anxiety, irritability, difficulty sleeping and high blood pressure.

Alcohol

If you drink alcohol, follow the low risk drinking guidelines (www.lrdg.net). Alcoholic beverages should be limited to **no more than two** standard drinks on any one day.

One drink is equal to 12 ounces of beer, 5 ounces of wine or 1.5 ounces of spirits.

Energy Drinks and Alcohol

Mixing energy drinks and alcohol is **not recommended**. The large amount of caffeine in these drinks can create a false sense of being alert, which can lead to taking risks such as drinking more than normal or driving after drinking.

Electrolyte disturbances, heart irregularities, nausea and vomiting have been reported in individuals who have mixed alcohol with energy drinks or who have consumed more than the recommended amount (i.e. more than 500 ml of energy drinks daily).

How much sugar are YOU drinking?

Product (Serving Size)	Sugar		Calories
*Tim Horton's® Double-Double (250 ml)	4 tsp	(16 g)	150
Red Bull® (250 ml)	7 tsp	(27 g)	110
*Tim Horton's® Iced Cap Original (Small, Cream)	8 tsp	(33 g)	250
Schweppes® Tonic Water (355 ml)	9 tsp	(34 g)	130
Gatorade® Lemon-Lime (591 ml)	9 tsp	(35 g)	150
Nestea® Iced Tea (473 ml)	10 tsp	(40 g)	150
Minute Maid® 100% Orange Juice (450 ml)	11 tsp	(45 g)	216
*Neilson® Caramilk Milkshake (325 ml)	12 tsp	(46 g)	320
V8® Splash Tropical Blend (473 ml)	14 tsp	(54 g)	220
*Beatrice® 1% Chocolate Milk (500 ml)	14 tsp	(56 g)	340
Minute Maid® Cranberry Cocktail (450 ml)	15 tsp	(58 g)	234
Coke Classic® (591 ml)	18 tsp	(71 g)	260

This list was randomly selected, for more information on the nutritional content of beverages, check the Nutrition Facts panel or look on product websites.

*These drinks also contain calories from fat.

