

MAKING HEALTHY CHOICES: WEEK 10

Think about your drink

When we think about making healthy choices, it can be easy to focus only on what we choose to eat and forget about the importance of what we choose to drink. Most popular beverages such as pop, energy and sports drinks, fruit drinks, flavored coffee and sweet tea, have little to no nutrients and also contain a lot of added sugar.

Sugar contains no nutrients and unlike the sugar found in fruit, added sugar does not occur naturally so it is not paired with the vitamins, minerals and fiber that help the body process sugar. This makes drinks that are made up of mostly added sugar a particularly unhealthy choice. It is also easy to consume large amounts of these drinks because they are sweet and tasty, and you don't have to chew them. The lack of fiber (found in fruit, vegetables and whole grains) also means that these drinks will not make you feel full, making it even easier to have too many.

Children and women should not eat or drink more than 6 teaspoons (24 grams) of added sugar daily, with men consuming no more than 9 teaspoons (36 grams) of added sugar daily. This means that even one can of regular pop would exceed this recommendation because a standard can of regular pop has 40 grams of added sugar.

Water is an essential nutrient

Water should be your first choice when you are thirsty because your body needs water to function properly. By the time you feel thirsty, your body is already a little dehydrated. Water is needed for a variety of processes within the body. It is the basis for fluids such as blood and saliva. It provides lubrication for joints and helps remove waste. Remember that water is also found in many different foods, including fruits and vegetables, but you shouldn't rely on consuming water from these foods to keep your body hydrated.

The Nutrition Facts label and ingredients list found on food products can tell you important information about a beverage. Keep in mind that sugar has many names including anhydrous dextrose, cane crystals, cane juice, corn sweetener, crystal dextrose, crystalline fructose, dextrose, evaporated corn sweetener, fructose, fruit juice concentrate, fruit nectar (any kind), glucose, high-fructose corn syrup (HFCS), honey, liquid fructose, maltose, molasses, pancake syrup and sucrose.



© istock.com/AJMO

Drink	Added teaspoons of sugar per serving
Regular soda (20 ounces)	17
Sweetened tea drink (16 ounces)	13
Sports drink (24 ounces)	9
Water (any size)	0



© istock.com/sveta_zarzamora

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.



Berry Blast Infused Water (serves 8)

1. Add **2 cups of berries** and **½ a sliced lemon** to **½ gallon of water**.
2. Use a spoon to lightly press on the fruit to let out some of the juices.
3. Let sit in the refrigerator for about an hour and enjoy! (If using frozen fruit, you'll want to let them thaw a little before the flavor will be released.)

Did you know?

You can tell if you're properly hydrated by looking at the color of your urine. Dark yellow urine, like the color of apple juice, tells you that your body needs more water. Aim to drink enough water so that your urine is a pale yellow color or clear.

MICHIGAN STATE UNIVERSITY | Extension

Find the entire series online at: msue.msu.edu/healthychoices

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

FIND YOUR LOCAL MSU EXTENSION COUNTY OFFICE

With a presence in every Michigan county, Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

To find your local county office visit msue.msu.edu/county.

Acknowledgements

Developed by Erin E. Powell, MS, RDN; Tom Cummins; Elizabeth Dorman and Denise Aungst, MS; for MSU Extension. Based on a concept created by Denise Aungst and Layne Schlicher for MSU Extension. Produced by ANR Creative for MSU Extension.



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutrition foods for a better diet. To find out more, contact your local MSU Extension office.

MICHIGAN STATE
UNIVERSITY

Extension

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. 1P-WEB-1:2017-TC/MR