Rethink Your Drink
Project Sponsors

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- School District of Philadelphia
- Department of Nutrition Sciences, Drexel University
Why Are Water and Hydration Important?

**Hydration:**
Providing the body with adequate and sufficient fluids to function appropriately

**Water:**
- 60-70% of total body weight is water
- Helps dispose of waste in the body
- Protects organs and joints
- Maintains body temperature regulation
Dehydration

- **Dehydration** is a loss of fluids and can happen at any time, not just during physical activity. Fluids are lost daily in urine and sweat and with breathing.

- **Signs of Dehydration:** Thirst, urine color, headache, fatigue, dizziness, lack of concentration, difficulty breathing.

- **Physical Activity:** Consume fluids before, during, and after activity. Higher intensity, longer duration, and temperature (hot or extreme cold) cause additional fluid losses.

**Even mild dehydration can significantly affect performance!**
Tips For Drinking More Water

*Water* is the **BEST** way to stay hydrated...
*Here are ways to drink more:*

- Drink water at each meal
- Add a fun straw
- Carry a water bottle
- Add lemon/lime or pieces of fruits to water
- Dilute 100% fruit juice: \( \frac{1}{4} \) cup juice + \( \frac{3}{4} \) cup water

**Tap or Bottled?**
- Tap water may provide fluoride (helps reduce cavity formation), but bottled water usually does not
- But BOTH help meet fluid needs!
Where Else Can We Get Water?

*Water does not come only from drinking plain water...*

- Milk, 100% juice, teas, sparkling water, seltzer water, diet sodas
- Fresh, raw fruits and vegetables
  - Example: melons, citrus fruits, strawberries, and cucumbers
- Broth-based soups
Physical Activity & Fluid Needs

- Water is sufficient for physical activity lasting under 60-90 minutes.
- Intense physical activity (football, basketball, soccer, etc.) may require certain nutrients to be replenished:
  - Carbohydrate
  - Protein
  - Fluids
  - Electrolytes

**Discussion:** What are healthier drink options after physical activity?

- Soda vs. low-fat milk?
- Iced tea vs. 100% juice?
- Water vs. fruit punch?
- Soda vs. sports drink?
Identifying Healthy Drinks

**Whole Milk**
- Serving Size: 8 fl oz (240mL)
- Calories: 150
- Calories from Fat: 70
- Total Fat: 8g (12%)
- Saturated Fat: 5g (25%)
- Cholesterol: 35mg (12%)
- Sodium: 125mg (5%)
- Total Carbohydrate: 12g (4%)
- Dietary Fiber: 0g (0%)
- Sugars: 11g
- Protein: 8g

**Nonfat Milk**
- Serving Size: 8 fl oz (240mL)
- Calories: 80
- Calories from Fat: 0
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: less than 5mg (1%)
- Sodium: 130mg (5%)
- Total Carbohydrate: 12g (4%)
- Dietary Fiber: 0g (0%)
- Sugars: 11g
- Protein: 8g

**Nutrition Facts**
- Serving Size: 8 fl oz (240mL)
- Calories: 110
- Calories from Fat: 0
- Total Fat: 0g (0%)
- Sodium: 15mg (1%)
- Potassium: 450mg (13%)
- Total Carbohydrate: 27g (9%)
- Sugars: 22g
- Protein: 8g

Vitamin C 100%
- Calcium 2%
- Thiamin 10%
- Niacin 2%
- Vitamin B6 4%
- Folate 15%
- Magnesium 6%
- Riboflavin 2%
- Not a significant source of saturated fat, cholesterol, dietary fiber, and vitamin A.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*
Which Is More Nutrient Dense?

12 ounces low-fat milk: 154 calories

12 ounces orange soda: 179 calories

12 ounces cola: 155 calories

12 ounces 100% juice: 164 calories
Portion Distortion!

A portion is how much you eat or drink at one time.

The larger the portion, the more calories.

Your portion size might be very different from the Serving Size on the Nutrition Facts label.

**Remember...**

Having a larger portion sometimes is NOT “bad.” Make sure that there is an overall balance of calories and lots of healthy nutrients each day!
How Much Sugar?

27 grams x 2.5 servings = 67.5 grams

1 teaspoon of sugar = 4 grams

67.5 ÷ 4 = 16.9 teaspoons of sugar
Activity
Rethink Your Drink

Remember....

- Staying hydrated is important every day for everyone
  - Dehydration can have bad consequences for health
- Watch portion sizes and keep in mind that when calorie intake is higher than calorie output, weight gain results
- Drinks with added sugar are not “BAD” - they can be incorporated into a healthy diet when there is appropriate balance
- Rethink what you drink! Ask yourself, “How will it impact my health and overall diet?”
  - Think about added sugar & cavities, calcium & bone health, etc.
  - What are the best choices?
Questions?