RETHINK YOUR DRINK
Project Sponsors

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Why are water and hydration important?

Hydration
- To provide the body with adequate and sufficient fluids to function appropriately

Water
- 60-70% total body weight
- Helps dispose of waste (sweat and urine)
- Protects organs and joints
- Maintains body temperature regulation
Dehydration

- **Loss of fluids**
  - Happens at any time, to anyone
  - Urine, sweat and breathing

- **Signs/symptoms**
  - Thirst
  - Urine color (dark vs. light)
  - Headache
  - Fatigue
  - Dizziness
  - Lack of concentration
  - Difficulty breathing
Fluid Needs

- Daily recommendations for fluid
  - Males 14-18 years old: 3.3 L (112 ounces)
  - Females 14-18 years old: 2.3 L (78 ounces)

- Accounts for total water from all beverages and food:
  - On average 80% of fluid needs comes from water & beverages and 20% comes from food
When do we need more?

- **Temperature**
  - Heat exposure increases fluid losses

- **Physical activity**
  - Drink fluids before, during, and after activity
  - Higher intensity, longer duration can cause additional fluid losses

Even mild dehydration can **negatively** affect performance!
Drink More Water

**Water is the BEST way to stay hydrated!**

Tips to increase intake

- Drink water at each meal
- Use a fun straw
- Add lemons & limes or pieces of fruit
- Dilute 100% fruit juice: \( \frac{1}{4} \) cup juice + \( \frac{3}{4} \) cup water
- Carry a water bottle

Tap or bottled?

- Tap water may provide fluoride (helps reduce cavity formation), but bottled water usually does not
- Either way - BOTH help meet fluid needs!
Where else can we get water?

- Milk, 100% juice, teas, sparkling water, seltzer water, diet sodas
- Broth-based soups
- Fresh, raw fruits and vegetables
Beverage Options

- Water
  - Flavored Coffee Drink
- Sweet Tea Lemonade
- Soda
- Fruit Punch
- 100% Fruit Juice
- Smoothie
- Energy Drink
- Milk
  - Whole, low-fat, fat-free
- Chocolate/Flavored Milk

Beverages
Identifying Healthy Drinks

1) Serving size
2) Servings per container
3) Calories
4) Fat
Beverage Options- Fat

- Water
- Sweet Tea Lemonade
- Soda
- Fruit Punch
- Chocolate/Flavored Milk
- Milk (Whole, low-fat, fat-free)
- Smoothie
- 100% Fruit Juice
- Energy Drink
- Flavored Coffee Drink
Identifying Healthy Drinks

5) Sugar

- Some foods naturally have sugar
  - Fruits, vegetables, milk
  - These foods also have essential nutrients

- Added Sugars
  - Contribute calories, but no essential nutrients
  - Limit calories from added sugars to <10% daily
    - 200 calories or 12 teaspoons of sugar for a 2000 calorie diet
Beverage Options - Added Sugars

- Water
- Sweet Tea Lemonade
- Soda
- Fruit Punch
- Chocolate/Flavored Milk
- Milk (Whole, low-fat, fat-free)
- Energy Drink
- 100% Fruit Juice
- Smoothie
- Flavored Coffee Drink
Identifying Healthy Drinks

6) Vitamins/minerals
- Essential nutrients your body needs to stay healthy

- Empty Calories
  - Contribute calories, but no essential nutrients

- Nutrient Dense
  - Contain essential nutrients
Beverage Options - Nutrient Dense

- Water
- Sweet Tea Lemonade
- Soda
- Fruit Punch
- Chocolate/Flavored Milk
- Whole, low-fat, fat-free Milk
- Energy Drink
- Smoothie
- 100% Fruit Juice
- Flavored Coffee Drink
Portion Distortion

- Serving size - standard amount
- Portion - how much you eat or drink at one time
- ↑portion ↑calories
- Portion size and serving size are different!
- Strive for a balance of calories and nutrients each day!

That's an increase of 178 calories!

88 Calories (6.5 oz.)
150 Calories (12 oz.)
266 Calories (20 oz.)
How much sugar?

- Grams per serving x # servings = total in bottle
  - 27 grams x 2.5 servings = 67.5 grams

- 1 teaspoon of sugar = 4 grams

- Total grams of sugar ÷ 4 = teaspoons per bottle
  - 67.5 grams ÷ 4 = 16.9 tsp sugar
Activity
Rethink Your Drink

- Staying hydrated is important everyday for everyone
- Dehydration has many negative consequences
- Keep portions in mind
- Drinks with added sugar can be incorporated into a healthy diet with appropriate balance and portions
- Ask yourself, “How will it impact my health and overall diet?”
Questions?

Rethink your drink and choose healthier choices