Drink more water!

Another way to improve your diet and become healthier (and feel **ENERGIZED**) is by drinking more water! In fact, an ideal diet would contain minimal beverages other than water. The recommended daily water intake varies for individuals depending on age, gender, metabolism, activity level, outside environment, and other food and beverage intake. In general, everyone should aim to drink at least 64 oz of plain water per day.

Increasing the amount of water you drink may help decrease your intake of other beverages that contain excess sugar and calories. Sweetened beverages provide one-fifth of all calories in the average American's diet and portion sizes of beverages have dramatically increased in the last several years. Most of us trying to be healthy would be better served by getting fewer calories from sweetened beverages.

Why drink water?

[1] About two thirds of the weight of the human body is water.
[2] Necessary to digest and absorb certain vitamins and nutrients.
[6] Provides a moist environment for ear, nose and throat tissues.
[9] Protects spinal cord and other sensitive tissues.
[10] No calories.
[13] Helps you feel **ENERGIZED!**
What about fruit juice, sports drinks, energy drinks?

Although 100% fruit juice is a natural sugar (fructose) and is often a good source of vitamin C, it is healthier to eat whole fruit instead. Whole fruit contains fiber, and more phytochemicals and antioxidants.

Sports drinks are beverages with added electrolytes (sodium and potassium) and carbohydrate (sugar). Again, this can be beneficial for some endurance athletes, but for the average fitness enthusiast, water is the best beverage for exercise.

Energy drinks usually contain high amounts of caffeine, sugar, and added vitamins/supplements. Although the caffeine/sugar combo may provide an immediate energy boost, long term, adequate rest, proper diet, and good hydration from water will ultimately provide you with sustained ENERGY. Plus, many supplemental ingredients in energy drinks are not regulated by the FDA and may cause unknown/unwanted side effects.

How much water should I drink?

1. In general, 64 oz. per day (8, 8 oz. glasses daily) minimally meets most individual needs.
2. Divide your body weight (in pounds) by 2 (Example: 140 pounds /2=70 oz per day).

How can I tell if I’m hydrated?

1. Check the color of your urine (see left). It should look more like lemonade and less like apple juice!
2. Check your hair, skin, and nails. If your hair or skin is dry or your nails are brittle, it may be a sign you are not getting enough water. (During winter time the air is much drier, which can also cause these effects)

The truth about SUGAR….

One 12 oz. can of regular soda contains about 10 teaspoons of sugar. If you drink one 12 oz. regular soda daily, this is equal to 3,650 teaspoons of sugar in one year! In terms of calories, this is the equivalent of 14.7 pounds. Simple changes can make a difference!

100% Sugar
0% Vitamins, Minerals
Empty Nutrition!

What about fruit juice, sports drinks, energy drinks?
5 tips  
for reducing sweetened beverages in your diet!

[1] **Replace them with water.** Carry a bottle with you at all times so you can choose H2O instead! 
[2] **Set a goal.** If you currently drink 3 regular sodas per day, start by setting a goal to drink 1 or 2 per day. 
[3] **Stop buying them!** If they aren’t in your environment, you’ll be less likely to drink them. 
[4] **Try low or zero calorie beverages instead.** Good old H2O is always your best bet! 
[5] **Drink a glass of water with and between each meal.** No room for sweetened beverages!

### HOW TO TELL WHETHER YOUR DRINK IS SWEETENED...

Sweeteners that add calories have many different names. If you take a look at the ingredient list to the right, some common caloric sweeteners appear as follows:

<table>
<thead>
<tr>
<th>Common Caloric Sweeteners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
</tr>
<tr>
<td>Honey</td>
</tr>
<tr>
<td>Glucose</td>
</tr>
<tr>
<td>Turbinado</td>
</tr>
<tr>
<td>High Fructose Corn Syrup</td>
</tr>
<tr>
<td>Fructose</td>
</tr>
<tr>
<td>Corn Syrup</td>
</tr>
<tr>
<td>Dextrose</td>
</tr>
<tr>
<td>Brown rice syrup</td>
</tr>
<tr>
<td>Evaporated Cane Juice</td>
</tr>
</tbody>
</table>

### Soda

* Soft drinks represent the **number one** source of calories in the average American diet! 
* The average American drinks approximately **52 gallons** of soda annually! 
* Carbonated beverages are the **number one** selling product in American supermarkets! 
* Most Americans are drinking 150–300 more calories per day from beverages than 30 years ago!

<table>
<thead>
<tr>
<th>26 teaspoons Sugar!</th>
<th>36 teaspoons Sugar!</th>
<th>42 teaspoons Sugar!</th>
</tr>
</thead>
<tbody>
<tr>
<td>32 oz = 384 calories!</td>
<td>44 oz = 528 calories!</td>
<td>52 oz = 624 calories!</td>
</tr>
</tbody>
</table>

### AHA (American Heart Association) Guidelines for added Sugar Consumption:

No more than 9 teaspoons for men (equal to 150 calories)! 
No more than 6 teaspoons for women (equal to 100 calories)!
What’s available at IU?

Let’s face it. Sometimes we want to drink something besides water. What is available on campus and what are the best choices?

Choose more from here:

- Milk (skim), Soy milk, Almond milk, (Prairie Farms, Silk, Edensoy available)
- Unsweetened tea and coffee (Starbucks, Tazo, Gold Peak, and Honest Tea available)

Choose less from here:

- Regular Soda, 100% Fruit Juice, Fruit Drinks (Coke products, Minute Maid, Fuze available)
- Flavored milk (Prairie Farms, chocolate and strawberry available)
- Sports Drinks and Energy Drinks (Powerade, Vitamin Water, Monster Energy available)

TO MOO OR NOT TO MOO? Fat Free (skim) and low-fat milk supply a number of nutrients that we don’t receive from other foods – such as calcium, magnesium, potassium, and vitamin D. If you can’t consume milk, fortified soy, almond, and rice milk has many of the same benefits. Fat-free and 1% milk are recommended over 2% and whole milk because the latter contains more saturated fat and provides no additional nutritional benefit. The Dietary Guidelines for adults recommended 3 servings of milk per day, preferably skim or 1%.

What about artificial sweeteners? Artificial or non-nutritive sweeteners have no calories and are regarded as safe to consume. They can be a great way to save calories, compared to drinking their regular sugar counterparts. However, these products are still empty nutrition. The following is a list of common artificial sweeteners:

- Nutra Sweet or Sacccharin
- Equal or Aspartame
- Splenda or Sucralose
- Acesulfame –K or Sunett
Alcohol, at all?

Excessive alcohol consumption causes serious health and social problems. It is associated with heart disease, several cancers, high blood pressure, as well as cirrhosis of the liver, to name a few. It is also linked to traffic and workplace accidents, spouse and child abuse, fires, falls, homicides, suicides and other severe societal problems. Light to moderate alcohol consumption – one drink a day for women and two a day for men – may lower risk of cardiovascular disease, diabetes and gallstones. Keep in mind that many alcoholic drinks are higher in calories, as you can see with the examples below!

The BUZZ about caffeine…

Coffee accounts for about 70% of the caffeine Americans consume. Soft drinks make up 15% and tea just over 10%. In small amounts caffeine has been shown to improve mental acuity, physical performance, reaction time, visual processing and even mood state. However, more than 400mg can produce adverse effects on performance and mood. Drinking caffeinated beverages in moderation is best. In addition, pregnant women should avoid caffeine because intakes over 300mg per day have been linked with increased risk of miscarriage and low birth weight. Alcoholic beverages containing caffeine should be avoided due to the potentially dangerous contrasting effects of the caffeine (a stimulant) and the alcohol (a depressant). This chart lists the average caffeine content of some popular beverages. How does your caffeine consumption compare?
HEALTHY BEVERAGE RESOURCES

Want to know more about drinking adequate fluids and consuming healthy beverages? The following list of additional resources can provide you with further information on staying hydrated and drinking healthfully.

U.S. Department of Agriculture (USDA): www.choosemyplate.gov
Institute of Medicine: www.iom.edu
Center for Disease Control and Prevention: www.cdc.gov
American Council on Exercise: www.acefitness.org

Refillable Water Stations at IU

Did you know there are many refillable water stations scattered across campus? This is an easy way to meet your water goals without filling landfills with plastic water bottles. Start by using your free refillable water bottle you received today!

Wright Food Court
IU Health Center (2nd floor, in-between rest rooms)
Assembly Hall (across from athletic mail operations next to room 119)
Gresham Dining Room
Indiana Memorial Union (various locations)

Reuse Disposable Water bottles?

Plastic water bottles (such as Dasani, Smart Water, Evian) are made from a plastic called Polyethylene Terephthalate (PET) and are intended for single-use only. Reusing them can cause harmful levels of bacteria to grow and washing them may allow may cause the plastic to disintegrate and release the chemical antimony, a possible carcinogen.²

² http://www.hsph.harvard.edu/news/files/2012/12/bpa_and_phthalates_by_the_numbers.pdf