

# Rethink Your Drink:

A Comprehensive Look at What is REALLY  
in Our Daily Beverages

# Presenter

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# Learning Objectives

- Why is this a recent epidemic?
- What are considered sugary/high calorie drinks and why?
- What does the research say?
- Are artificial sweeteners a better choice?
- Are there better alternatives?



# Introduction

- [New York Campaign](#)



# Changes Over Time

- In the past 20 years, adult consumption has increased by 61% and children by 100%.
- In 1970, sugary drinks made up 4% of daily intake of calories, today that is 9-10%.
- Direct contributor to childhood obesity crisis, leading to shorter life span for this generation than previous.
- Standard Bottle Size
  - 1950 = 6.5 oz
  - 1960 = 12 oz
  - 1990 = 20 oz
  - 2011 = 42 oz

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# Sugary Beverages – 20 ounces



	Calories	Sugar (g)	Carbohydrates
<b>Tropicana Twister</b>	320	87	87
<b>Mountain Dew</b>	290	77	77
<b>Minute Maid Lemonade</b>	260	67	70
<b>Pepsi</b>	250	69	69
<b>Sprite</b>	250	65	65
<b>Coca-Cola</b>	240	65	65
<b>Gatorade</b>	130	34	34
<b>G2</b>	45	12	12



\*Sugar Packet Demonstration\*

# Nutritional Information

- ABSOLUTELY NO NUTRITIONAL VALUE!!
- EMPTY CALORIES
- Need to look at calories AND sugar
- Calories lead to weight gain when not burned off as energy
- Simple Carbohydrates
- Sugar
  - Weight Gain
  - Diabetes
  - Triglycerides
  - Cavities
  - Gout
  - Heart Disease





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# What does the research say?

## Journal of the American Medical Association

- 24-Year Study Following 88,000 Women
  - 2 Sugary Drinks a day increased coronary artery disease chances by 35% even after adjusting other lifestyle factors
- 22-Year Study on Gout and Sugary Drinks
  - 1 can a day lead a 75% increased risk in gout in women and men



# Research

8 Year Study examined sugar sweetened soft drinks and weight gain/diabetes.

- Women that drank 2 or more sugary drinks a day gained 10.3lbs per year (an average of 80lbs over the course of the study!)
- Diabetes risk was 98% higher than in women who had 1 drink or more in a day

## **SUGARY DRINKS LINKED TO 180,000 DEATHS WORLDWIDE!**

- 133,000 from diabetes, 44,000 from cardiovascular disease, 6,000 from cancer
- Harvard School of Public Health

# Fruit Juice Guidelines

- Must be 100% fruit and/or vegetable juice with NO SUGAR ADDED
- Whole fruit is always a better choice due to fiber and other nutrients
- Children
  - 0-6 months
    - No Juice
  - 1-6 Years Old
    - 4-6 ounces per day
  - 7-18 Years Old
    - 8-12 Ounces per day
- Adults
  - Fruit Juice – 8 ounces
  - Vegetable Juice – 8 ounces



# Alcoholic Beverages – 12 Ounces

## Highest Calorie Drinks

- Margarita – 640 Calories
- Mai Tai – 826 Calories
- Pina Colada – 586  
Calories
- Mud Slide – 1112 Calories
- Long Island Ice Tea – 651  
Calories

## Better Choices

- Rum and Diet – 130 Calories
- Bloody Mary – 216 Calories
- Guinness Draught – 126
- Bud Light – 110 Calories
- Chardonnay – 90 Calories
- Ale Beer – 216 Calories

**\*\*Studies show that alcohol can slow fat metabolism by up to 73%!\*\***

# Energy Drinks

- Ingredients:
  - 154mg-280mg of Caffeine
  - 1g of Guarana (=40mg of Caffeine) often not disclosed in ingredients!
  - 34g of sugar per 8 ounce serving
  - Dimethylamylamine (DMAA)
  - Ginseng



# So why are energy drink so bad?

- Combination of ingredients
  - Other additives we don't know enough about (rapid heart beat, high BP)
  - Dangerous levels of caffeine
  - Dehydrates the body quickly!
  - Substances not evaluated by the FDA
  
- Combination with alcohol
  - North Carolina school official, "There is grave danger that adolescents may feel unimpaired when they are just as impaired as a person with the same blood alcohol level."
  - "Wide awake and drunk."

# Worst Drinks in America

- Sobe Green Tea (4 Slices of Lee Cherry Pie)
- Starbucks Peppermint White Chocolate Mocha with Whipped Cream (8.5 scoops Edy's Slow Churned Rich and Creamy Ice Cream)



- Coldstone PB&C (30 Chewy Chips Ahoy Cookies)





# Worst Drinks in America

- McDonald's Large Triple Thick Chocolate Milkshake
  - (12 Baked Apple Pies!!)



- Auntie Ann's Wild Cherry Lemonade Mixer
  - 11 bowls of Cookie Crisp Cereal



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# What about artificial sweeteners?

- 180 times sweeter than natural sugar
- Inhibit our bodies' natural ability to count calories
- Causes our bodies and brains to crave sugar and carbohydrates.
- Slow down our metabolism
- Stevia (Natural Sweetener)



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# Why rethink my drink?

- Weight Management
- Decrease Diabetes Risk
- Metabolic Syndrome (Heart Disease)
- Gout
- Nutritional Value
  - Simple carbs vs. complex carbs
- Triglycerides
- Cavities



## What is the best option??



**WATER!!!!**

# Why Water?

- Enhances our metabolism by 30%.
- Increases metabolism and regulates appetite
- Reduce joint/back pain
- Water can decrease the risk of certain cancers including colon, bladder, and breast
- Promotes digestion by flushing out waste
- Maintain blood pressure
- Boost immune system
- Prevent and alleviate headaches
- Natural skin moisturizer
- Primary mode of transportation for nutrients in the body and is essential for proper circulation
- Increases energy level
- Regulate body temperature

**WE CANNOT LIVE MORE THAN THREE DAYS  
WITHOUT WATER!!**

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# Questions and Comments





# Thank You

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