

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

RETHINK YOUR DRINK | FCS467



RETHINK YOUR DRINK

Carbonated, sugar-sweetened soft drinks are the single biggest source of calories in the American diet. And non-carbonated, sugar-sweetened drinks (fruit drinks, ades, ice teas) add even more calories.

Have you found your new favorite drink to be decadent and sweet? Prepare to gain weight unless you're cutting food calories to make up for the extra calories your new indulgence is adding to your daily diet.

We all know that eating and drinking too many calories can equal weight gain. But did you know just 100 extra calories a day can add up to a 10-pound weight gain in one year? This can happen when someone increases their drink calories without decreasing their food calories.

DID YOU KNOW?

There are over 50 different names used for added sugar on food labels? Visit: bit.ly/ArFoodsRethinkYourDrink to find them all.

The logo for the University of Arkansas, featuring the letters "U of A" in a stylized red font.

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MAKE THE SWEET DRINK SWITCH

What you drink makes a difference! Here are 5 ways to make better drink choices:

1. Make water the easy choice. Carry a bottle of water with you every day and serve water with meals.
2. Make water more exciting by adding slices of lemon or lime.
3. Choose water, diet, or low calorie drinks instead of sugar sweetened drinks.
4. When you do have a sugary drink, order a small size.
5. Try getting your calories in the form of food instead of sugar sweetened beverages.



CRANBERRY SPARKLER

Ingredients

- 3 ounces cranberry juice (no sugar added)
- 7 ounces sparkling water

Directions

1. Fill glass with ice cubes.
2. Add juice and sparkling water.
3. Mix well.

Be creative and try different flavors of juice for this recipe – just make sure you choose 100% juice!

Nutrition Information per 10oz Serving
Calories 56, Fat 0g, Protein 0g, Fiber 0g
Sodium 2mg, Carbohydrate 12g