Tips At Tech: Beverages

- Replace your soft drink with unsweetened tea or sparkling water at lunch or dinner.

- Check the nutrition facts on your favorite soda, as well as those for your favorite latte or cappuccino. You'll be amazed at how fast those calories add up!

- If you are looking for a pick-me-up in the afternoon, look for something with natural energy, such as a fruit smoothie from the SUB.

- Make your own soda by pureeing fresh fruit and adding sparkling water. While it still contains carbonation, it contains far less sugar and no caffeine!

Fun Facts

➢ More than 15 billion gallons of soda were sold in 2000.

➢ Coca-Cola® is consumed 190 million times every 24 hours in more than 80 languages and in over 35 countries.

➢ Drinking one 24 ounce soda is the equivalent of eating 16 1/2 sugar cubes, which contains 290 calories.

➢ Dr. Pepper® is the oldest soft drink manufacturer in the U.S.

➢ Coca-Cola® used to be green and was used to relieve headaches.

➢ We have increased our soft drink consumption 200 percent since the 1950s.

References:
Everywhere you look there are machines selling soda, juice, energy drinks, and various other sugar-filled beverages. Everyone knows that sugar-filled beverages are bad for you, yet soda consumption among young adults has doubled in the last decade. The average young adult consumes 15 to 20 teaspoons a day of added sugar from soft drinks alone, most of which is in the form of high fructose corn syrup, a common sweetener in beverages.

To combat this problem, some believe that a national tax of 1 cent per ounce of soda and other sugary drinks could slow down the rising obesity epidemic. Regardless of whether or not there is a tax on soda, water is always the best choice.

Is Juice a Better Choice?

While 100% juice is a better option than soda or energy drinks, it still contains over 100 calories per serving and is full of sugar. Bottled juices are also pasteurized at high temperatures which leaves them with less vitamins than fresh juice.

Smoothies would be a better choice if you are wanting a fruity beverage. Smoothies contain the fiber from the fruit, which helps slow the absorption of the sugar and maintain a stable blood sugar.

Smoothies made with real fruit and low-fat yogurt or milk give you protein, vitamins, fiber, water, and energy to keep you going through the day, without caffeine!

Health Effects of Soda and Energy Drinks

Added Sugars

Strong evidence shows that sugary drinks are an important contributor to the rise of obesity and Type 2 diabetes. Added sugars in the form of liquid do not provide satiety. They spike blood sugars which leads to increased hunger, and they contribute up to 11% of calories in the diets of some individuals. Some scientists say that if sugar-filled beverages increase the risk of obesity and Type 2 diabetes, then they must also increase the risk of heart disease, as these conditions are all associated. The added sugar in soft drinks can also contribute to cavities and tooth decay.

Even though the jury is out on whether high fructose corn syrup is worse for your health than sugar, drinking any kind of sweetened beverage can be detrimental to your waistline and your health.

Carbonated Water

Cola beverages may pose a special threat to healthy bones. Some studies show that large amounts of carbonated water can actually leach the calcium from your bones, leaving them weaker over time.

Caffeine

Caffeinated beverages or energy drinks often promise alertness and better performance, but they don’t warn about the possible effects to your health. Most drinks don’t label the amount of caffeine their product contains and some energy drinks contain as much caffeine as 14 cans of soda.

Several reported reactions to high levels of caffeine include nausea, vomiting, high blood pressure, tremors, dizziness, and numbness.

What About Diet Soda?

For those trying to wean themselves off sugary drinks, diet drinks may be a good start, but they are far from healthy. If you are trying to replace regular soda, diet drinks may be consumed in moderation and for a short time, until you kick the habit.

The long-term effects of artificially sweetened beverages is unknown, so it is best to try and kick the habit or consume in moderation. Try sparkling water, herbal tea, or water with lemon to quench your thirst for flavored beverages.

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