

# Health In Progress

## Lesson 2

### Choosing Healthy Drinks



#### QUESTION: 2

If you are thirsty the most appropriate thing to drink is:

- a. Soda
- b. Tea
- c. Water
- d. Milk
- e. Fruit juice

**ANSWER: c. Water**

1. **Thirst is a signal that a person needs *water*, not energy.** Water is a substance that is essential for life, but it does not supply us with energy. The energy we obtain from food and beverages comes primarily from carbohydrates, fat and protein and is measured in calories.
2. It is OK to drink beverages other than water, but for many people, drinking soda, sweetened tea, or fruit juice, simply adds unnecessary calories to their diet and increases their risk of becoming overweight. **Some important things to know about the various drink choices are as follows:**
  - **Tea** increases urination therefore loss of water.
  - **Seltzer water** is bubbly water that has no calories; several brands are available with natural flavorings that provide no calories but are thirst quenching
  - **Sports drinks** are not necessary unless you are continuously active for more than 1-2 hours.
  - **Milk** provides calcium, vitamin D and protein and is a healthy alternative to water. It is best to consume low fat milks (for example, 1% or skim milk or soy milk), as these types of milk have as much nutrition as 2% or whole milk, with fewer calories and saturated fat.

**ACTIVITY:** Find out how many calories there are in eight ounces of your favorite drinks.  
(Remember - a canned drink is 12 ounces!)

#### Some Examples:

Soft Drinks -110 calories

Sweet Tea - 15 calories per teaspoon of sugar

Water - 0 calories

Apple Juice - 117 calories

Orange Juice - 120 calories

#### Milk:

Whole - 150 calories

2% - 120 calories

1% - 100 calories

Skim - 85 calories