



Health Yourself Byte

BEVERAGES AND WEIGHT LOSS

If you're trying to lose weight, pay attention to what and how much you're drinking! While juices and milk contain important nutrients, they also contain calories. Liquid calories count just the same as those from solid food!



According to an article from the Mayo Clinic, thirst and hunger are regulated by different body processes and that drinking liquids before or during meals seems to have little effect on how much you eat. However . . . eating foods that have a high water content (fruits, vegetables, soups and cooked whole grain rice and pasta) make you "feel" full on fewer calories.

If you're watching your weight and counting calories, the BEST beverage choice is water. As a general rule, drink no more than 6 ounces of juice or 16-24 ounces of milk a day. FYI . . .

WATER VS OTHER BEVERAGES

- Fruit juice: 5-10 teaspoons of sugar per 8 ounce serving.
- Regular soda: 10 teaspoons of sugar and empty calories per 12 ounce can.
- Sweet Tea: 4 teaspoons of sugar per 8 ounce serving.
- Coffee: Acts as a diuretic, robbing the body of water. Limit consumption to no more than 2 cups per day and drink your water. Per every cup of coffee you drink, drink at least 2 cups of water.



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