Rethink Your Drink!

Carbonated, sugar-sweetened soft drinks are the single biggest source of calories in the American diet...and noncarbonated, sugar-sweetened soft drinks (fruit drinks, ades, ice teas) add even more calories. Too many calories equal weight gain. Just 100 extra calories a day can add up to about a 10-pound weight gain in one year.

DID YOU KNOW?

Most people don’t decrease food calories to make up for the calories they drink.

Sugar by Any Other Name

How do you know if a food or drink has added sugar? Check the ingredient list on food labels and look for these words:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>High-fructose corn syrup</td>
<td>Fructose</td>
</tr>
<tr>
<td>Fruit juice concentrate</td>
<td>Honey</td>
</tr>
<tr>
<td>Sugar</td>
<td>Syrup</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>Sucrose</td>
</tr>
<tr>
<td></td>
<td>Dextrose</td>
</tr>
</tbody>
</table>

University of Arkansas, United States Department of Agriculture, and County Governments Cooperating

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This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact https://access.arkansas.gov/.
What You Drink Makes a Difference!

Here are some ways to make smart drink choices:

✶ Choose water, diet or low-calorie drinks instead of sugar-sweetened drinks.
✶ Carry a bottle of water with you every day.
✶ Serve water with meals.
✶ Make water more exciting by adding slices of lemon or lime.
✶ When you do have a sugar-sweetened drink, order a small size.

Make Your Calories Count!

Try getting your calories in the form of food instead of sugar-sweetened soft drinks.

Can you find the healthy food choices listed below?

- WATERMELON
- BANANAS
- ORANGES
- GRAPES
- APPLES
Right Bite Recipe

Sparkling Cranberry Drink

**Ingredients**
3 ounces cranberry juice (no sugar added)
7 ounces diet lemon-lime soda or sparkling water

**Directions**
1. Fill glass with ice cubes.
2. Add juice and diet soda or sparkling water.
3. Mix well.

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

<table>
<thead>
<tr>
<th>Number of servings:</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>56</td>
</tr>
<tr>
<td>Grams of fiber:</td>
<td>0</td>
</tr>
<tr>
<td>Grams of fat:</td>
<td>0</td>
</tr>
<tr>
<td>Grams of carbohydrate:</td>
<td>14</td>
</tr>
<tr>
<td>Grams of protein:</td>
<td>0</td>
</tr>
<tr>
<td>Milligrams of sodium:</td>
<td>2</td>
</tr>
<tr>
<td>Milligrams of vitamin C</td>
<td>9</td>
</tr>
</tbody>
</table>
Get Better Food for Your Bucks!

Many people think fruits, vegetables and other low-fat, nutritious foods are too expensive, but here are some things to keep in mind.

- A trip to the vending machine can be expensive. A can of soda and a candy bar can add over a $1.00 to your food bill each day, while supplying few vitamins and minerals.

- A carton of yogurt, 8 ounces of orange juice and a banana also cost about a $1.00, but they have many important vitamins and minerals.

- Milk and sugar-sweetened sodas cost about the same. Sodas offer little nutrition, while milk provides calcium, vitamin D and protein.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.