

Rethink Your Drink

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What do you know?

- How many oz is a serving size for liquids?
 - 8 oz
- How many cups of water should you drink a day?
 - 8 cups
- How many teaspoons of sugar is in a 12oz soda?
 - 10–12 tsp
- How many calories is in a 12 oz soda?
 - 150 calories

Objectives:

- To gain knowledge about:
 - Calories and sugar content of sweetened beverages
 - Effects of caffeine
 - Hydration

Did you know...

- Drinking one bottle of Pepsi a day, you are consuming 60 lbs of sugar per year.
- One bottle of Pepsi a day = 16 lbs a year



Calories

- “It is estimated that a college student drinks an extra 1000 calories when consuming alcoholic beverages.”
- Calorie needs per day for:
 - Female: 2000
 - Male: 2400

Example:

One bottle of Cola for lunch: 239 calories

1 can of Monster : 200 calories


2 keg cups of light beer: 272 calories



2 shots of alcohol with $\frac{1}{2}$ cup of cola: 390 calories

1101 calories





When you go to Butte
Station, What drink
do you choose?

Sugar

- Almost all beverages have sugar or high fructose corn syrup in them
- Excess sugar can cause:
 - Weight gain/obesity
 - Tooth decay
 - Increased energy followed by fatigue
 - Sugar can increase your blood pressure

How to decrease sugar in your diet

- Drink at least 8 cups of water a day
- Limit yourself to one soda a day at the dining hall, Butte Station, or the BMU
- Add lemons, strawberries, cucumbers, or mint leaves to your water to enhance the flavor





Food Label Activity!



How many of you woke up this morning and had a cup of coffee?

Or maybe an energy drink?

What about soda?

Effects of Caffeine

- Half life of caffeine is about 6 hours
- Mildly addictive, you can have withdrawals
- Increased heart rate and blood pressure
- Decreased concentration
- Impairs short term memory



Effects of Caffeine

- Diuretic– increases the rate of urination
- If you drink caffeine your body loses a lot of fluid
- It is very important to stay hydrated if you decide to drink caffeine
- If you get your caffeine from coffee, it stains your teeth

How much caffeine is in it?

- Espresso- 502 mg
- Brewed Coffee- 108 mg
- Brewed Tea- 47 mg
- Cola- 37 mg
- Diet Cola- 49 mg
- Dark Chocolate- 20 mg



Hydration

- What does it mean?
- Why is it important?
- How does it affect you?
- Ways of staying hydrated.

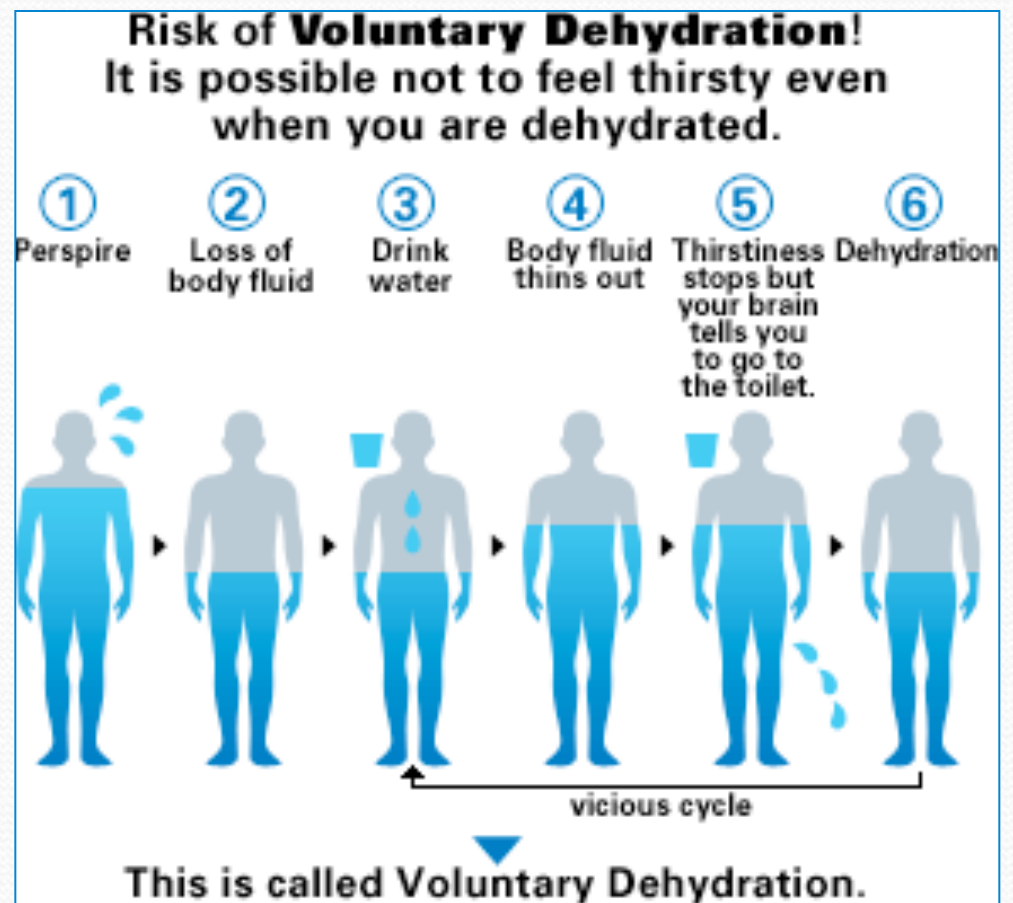


Dehydration

- 75% of body weight is from water
- Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in

How does water loss occur?

- When we breathe
- When we sweat
- When we urinate or have a bowel movement



Causes of Dehydration

- Too much exercise
- Vomiting or diarrhea
- Too much caffeine or alcohol
- Not drinking enough water



Signs that you are dehydrated

- Increased thirst
- Dry mouth
- Weakness
- Dizziness
- Heart pounding
- Fainting
- Unable to sweat
- Darker colored urine



Why is staying hydrated important?

- Helps keep you awake
- Regulates body temperature
- Carries nutrients throughout the body
- Improves digestion
- Eliminates waste products from the body

Dehydration effects on your body

- Dry skin
- Cracked lips
- Bags under your eyes

Ways to stay hydrated

- Have a glass of water with every meal or snack
- Don't just rely on thirst
- Don't drink really cold water
- Keep a glass or bottle of water next to your bed, desk, in your backpack, etc.
- Have a glass of water when you wake up

Recap

- What can you do to decrease your sugar intake from liquids?
- What is the half life of caffeine?
- How can you stay hydrated?
- If you consume sweetened beverages in excess, what complications could you acquire?

References

- <http://lancaster.unl.edu/nep/thinkdrink.htm>
- <<http://www.fema.gov/plan/prepare/watermanage.shtm>>