



# Drop Liquid Calories

Year of Being Well

## Sugar and empty calories.

With all of the advertisements for soda, sports drinks, fruit drinks, energy drinks, and other beverages that exist today, it's not surprising to learn that Americans at every age drink more sugary beverages than ever before. The calories in sugar-sweetened beverages are called "empty calories" because they have no nutritional benefit.



Eliminating empty calories from sugar-sweetened beverages can make an enormous impact on the quality of your diet. Sugar-sweetened beverages include any drinks with ingredients on the label that mean "sugar": agave nectar, cane sugar, corn sweetener, corn syrup, evaporated can juice, fruit juice concentrates, high-fructose corn syrup, fructose, honey, maple syrup, molasses, and sucrose. This includes soda, sports drinks, sweetened tea and coffee, energy drinks, fruit drinks, and other sweetened drinks.

Since the majority of calories from sugar-sweetened beverages are consumed at home, it's our job as parents to keep healthy beverage options available and ready for our families. Along with dropping liquid calories, we must teach our children the importance of water. Water should be the primary beverage for children. Try serving nonfat or low-fat milk or water with meals to introduce the healthiest beverages in your home.

– Susan Dell



### Quick Tips:

- Keep sugar-sweetened beverages out of the house.
- Choose plain, low-fat, or fat-free milk instead of flavored milks.
- Make water tempting and accessible.
- Avoid energy drinks.
- Drink water with every meal.

### Did you know:

- Americans get more calories from sugary drinks than any other beverage choice? (U.S. department of Agriculture.
- Sugar-sweetened beverages are the largest source of added sugars in the diets of U.S. youth. (Centers for Disease Control and prevention. )

#### Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.

Find more information at [www.BeWellBook.org](http://www.BeWellBook.org)

List all drinks you and your family consume.  
 Include serving size, calories, and grams of sugar.

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

Product	Serving Size	Calories	Grams of Sugar
<b>Example:</b> 2% Milk	8 oz.	122	12.3

List low calories drinks you and your family could substitute for the sugar-sweetened drinks.

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**Reflection Questions**

On average, how many of your daily calories come from drinks? \_\_\_\_\_

What percent of a 2000 calorie diet would come from those calories? \_\_\_\_\_

What drink should you have 8 cups of daily? \_\_\_\_\_



*Do you know what your are really drinking?*