

Week 1 Itinerary:

Drinking Healthy Beverages



Drink more water!

Another way to improve your diet and become healthier (and feel *ENERGIZED*) is by drinking more water! In fact, an ideal diet would contain minimal beverages other than water. The recommended daily water intake varies for individuals depending on age, gender, metabolism, activity level, outside environment, and other food and beverage intake. In general, everyone should aim to drink at least 64 oz of plain water per day.

Increasing the amount of water you drink may help decrease your intake of other beverages that contain excess sugar and calories. Sweetened beverages provide one-fifth of all calories in the average American's diet and portion sizes of beverages have dramatically increased in the last several years. Most of us trying to be healthy would be better served by getting fewer calories from sweetened beverages.

Why drink water?

- [1] About two thirds of the weight of the human body is water.
- [2] Necessary to digest and absorb certain vitamins and nutrients.
- [3] Aids in digestion of food and helps prevent constipation.
- [4] Flushes toxins out of vital organs.
- [5] Carries nutrients to your cells.
- [6] Provides a moist environment for ear, nose and throat tissues.
- [7] Lubricates and cushions your joints.
- [8] Keeps body temperature normal.
- [9] Protects spinal cord and other sensitive tissues.
- [10] No calories.
- [11] Helps promote satiety.
- [12] Optimizes metabolism.
- [13] Helps you feel *ENERGIZED!*

FACT: All Americans should aim to drink primarily water for daily beverages!

GOAL: To improve health and fitness by drinking water.

OBJECTIVE: Set a personal water drinking goal and track water intake by using your IU Energy tracking form!

This week's prize drawing is:

60 minute massage from Health and Wellness Education at IU Health Center!*

*Become eligible for the prize by returning for next week's session and bringing your filled out water tracking form!



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THE COLOR OF PEE

Urine may have a variety of colors. It usually ranges from a deep amber or honey color to a light straw color, with many golden variations in between. The color of urine can tell you a lot about your body. Here's a chart of urine colors and what they indicate:

- NO COLOR. TRANSPARENT.**
You're drinking a lot of water. You may want to cut back.
- PALE STRAW COLOR.**
You're normal, healthy and well-hydrated.
- TRANSPARENT YELLOW.**
You're normal.
- DARK YELLOW.**
Normal. But drink some water soon.
- AMBER OR HONEY.**
Your body isn't getting enough water. Drink some now.
- SYRUP OR BROWN ALE.**
You could have liver disease. Or severe dehydration. Drink water and see your doctor if it persists.
- PINK TO REDDISH.**
Have you eaten beets, blueberries or rhubarb recently? If not, you may have blood in your urine. It could be nothing. Or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Maybe even lead or mercury poisoning. Contact your doctor.
- ORANGE.**
You may not be drinking enough water. Or you could have a liver or bile duct condition. Or it could be food dye. Contact your doctor.
- BLUE OR GREEN.**
Okay, this is different. There is a rare genetic disease that can turn your urine blue or green. Also certain bacteria can infect the urinary tract. But it's probably a food dye in something you ate. Or a medication. You won't die from it, but see your doctor if it persists.
- PURPLE.**
There's no such thing as purple urine.
- FOAMING OR FIZZING.**
A harmless hydraulic effect, if occasional. But could indicate excess protein in your diet or a kidney problem. See a doctor if foaming happens all the time.

OUTSIDE INFLUENCES:
Stuff you take can change the color of your urine. For instance, some medications, laxatives, chemotherapy drugs and dyes doctors give you to diagnose urinary tract infections can make your urine darker than normal. Are you taking any of these things?

FINAL WORD:
THE INVISIBLE WORLD OF URINE
You can tell a lot from looking at your urine. But you can tell a lot more from the kind of sophisticated urinalysis you should be getting along with a regular physical examination from your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.

clevelandclinic.org/HealthHub

SOURCE: "Urine - Abnormal Color." MedlinePlus Medical Encyclopedia, National Institutes of Health. <http://dx.doi.org/medlineplus/ency/article/001373.htm>

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How much water should I drink?

1. In general, 64 oz. per day (8, 8 oz. glasses daily) minimally meets most individual needs.
2. Divide your body weight (in pounds) by 2 (Example: 140 pounds /2=70 oz per day).

How can I tell if I'm hydrated?

1. Check the color of your urine (see left). It should look more like lemonade and less like apple juice!
2. Check your hair, skin, and nails. If your hair or skin is dry or your nails are brittle, it may be a sign you are not getting enough water. (during winter time the air is much drier, which can also cause these effects)

The truth about SUGAR....

One 12 oz. can of regular soda contains about 10 teaspoons of sugar. If you drink one 12 oz. regular soda daily, this is equal to 3,650 teaspoons of sugar in one year! In terms of calories, this is the equivalent of 14.7 pounds. Simple changes can make a difference!



100% Sugar

0% Vitamins, Minerals

Empty Nutrition!

What about fruit juice, sports drinks, energy drinks?

Although 100% fruit juice is a natural sugar (fructose) and is often a good source of vitamin C, it is healthier to eat whole fruit instead. Whole fruit contains fiber, and more phytochemicals and antioxidants.

Sports drinks are beverages with added electrolytes (sodium and potassium) and carbohydrate (sugar). Again, this can be beneficial for some endurance athletes, but for the average fitness enthusiast, water is the best beverage for exercise.

Energy drinks usually contain high amounts of caffeine, sugar, and added vitamins/supplements. Although the caffeine/sugar combo may provide an immediate energy boost, long term, adequate rest, proper diet, and good hydration from water will ultimately provide you with sustained **ENERGY**. Plus, many supplemental ingredients in energy drinks are not regulated by the FDA and may cause unknown/unwanted side effects.

5 tips

for reducing sweetened beverages in your diet!

- [1] **Replace them with water.** Carry a bottle with you at all times so you can choose H2O instead!
- [2] **Set a goal.** If you currently drink 3 regular sodas per day, start by setting a goal to drink 1 or 2 per day.
- [3] **Stop buying them!** If they aren't in your environment, you'll be less likely to drink them.
- [4] **Try low or zero calorie beverages instead.** Good old H2O is always your best bet!
- [5] **Drink a glass of water with and between each meal.** No room for sweetened beverages!

HOW TO TELL WHETHER YOUR DRINK IS SWEETENED...

Sweeteners that add calories have many different names. If you take a look at the ingredient list to the right, some common caloric sweeteners appear as follows:

Common Caloric Sweeteners

Sugar	Glucose	High Fructose
Honey	Turbinado	Corn Syrup
Fructose	Dextrose	Evaporated
Corn Syrup	Brown rice syrup	Cane Juice



Soda

- * Soft drinks represent the **number one** source of calories in the average American diet!
- * The average American drinks approximately **52 gallons** of soda annually!
- * Carbonated beverages are the **number one** selling product in American supermarkets!
- * Most Americans are drinking 150–300 more calories per day from beverages than 30 years ago!

26 teaspoons Sugar!	36 teaspoons Sugar!	42 teaspoons Sugar!	
			
32 oz = 384 calories!	44 oz = 528 calories!	52 oz = 624 calories!	→

AHA (American Heart Association) Guidelines for added Sugar Consumption:



No more than 9 teaspoons for men (equal to 150 calories)!

No more than 6 teaspoons for women (equal to 100 calories)!

What's available at IU?

Let's face it. Sometimes we want to drink something besides water. What is available on campus and what are the best choices?

Choose more from here:



Milk (skim),
Soy milk,
Almond milk,
(Prairie Farms,
Silk, Edensoy
available)



Unsweetened
tea and coffee
(Starbucks, Tazo,
Gold Peak, and
Honest Tea
available)

Choose less from here:



Regular
Soda, 100%
Fruit Juice,
Fruit Drinks
(Coke products,
Minute Maid, Fuze
available)



Flavored milk
(Prairie Farms,
chocolate and
strawberry
available)



Sports Drinks
and Energy
Drinks
(Powerade,
Vitamin Water,
Monster Energy
available)

TO MOO OR NOT TO MOO? Fat Free (skim) and low-fat milk supply a number of nutrients that we don't receive from other foods – such as calcium, magnesium, potassium, and vitamin D. If you can't consume milk, fortified soy, almond, and rice milk has many of the same benefits. Fat-free and 1% milk are recommended over 2% and whole milk because the latter contains more saturated fat and provides no additional nutritional benefit. The Dietary Guidelines for adults recommended 3 servings of milk per day, preferably skim or 1%.



What about artificial sweeteners? Artificial or non-nutritive sweeteners have no calories and are regarded as safe to consume. They can be a great way to save calories, compared to drinking their regular sugar counterparts. However, these products are still empty nutrition. The following is a list of common artificial sweeteners:

Nutra Sweet or Saccharin Equal or Aspartame Splenda or Sucralose Acesulfame –K or Sunett

Alcohol, at all?

Excessive alcohol consumption causes serious health and social problems. It is associated with heart disease, several cancers, high blood pressure, as well as cirrhosis of the liver, to name a few. It is also linked to traffic and workplace accidents, spouse and child abuse, fires, falls, homicides, suicides and other severe societal problems. Light to moderate alcohol consumption – one drink a day for women and two a day for men – may lower risk of cardiovascular disease, diabetes and gallstones. Keep in mind that many alcoholic drinks are higher in calories, as you can see with the examples below!



Long Island
Tea
600-700
Calories



Martini
300-600 Calories



Pina Colada
500-600 Calories



Champagne
150 Calories



Margarita
500-600 Calories

The BUZZ about caffeine...

Coffee accounts for about 70% of the caffeine Americans consume. Soft drinks make up 15% and tea just over 10%. In **small** amounts caffeine has been shown to improve mental acuity, physical performance, reaction time, visual processing and even mood state. However, more than 400mg can produce adverse effects on performance and mood. Drinking caffeinated beverages in moderation is best. In addition, pregnant women should avoid caffeine because intakes over 300mg per day have been linked with increased risk of miscarriage and low birth weight. **Alcoholic beverages containing caffeine should be avoided due to the potentially dangerous contrasting effects of the caffeine (a stimulant) and the alcohol (a depressant).** This chart lists the average caffeine content of some popular beverages. How does your caffeine consumption compare?

BEVERAGE	CAFFEINE (mg)
Herbal Tea (8oz)	0
Starbucks Decaf Coffee (12oz)	10
Green Tea (8oz)	30
Black Tea (8oz)	50
Coca-Cola (20oz)	60
Diet Coke (20oz)	80
Red Bull (8oz)	80
Starbucks Espresso (1oz)	90
Coffee, filtered, drip (8oz)	100
Starbucks Coffee (12oz)	300

Refillable Water Stations at IU

Did you know there are many refillable water stations scattered across campus? This is an easy way to meet your water goals without filling landfills with plastic water bottles. Start by using your free refillable water bottle you received today!

Wright Food Court

IU Health Center (2nd floor, in-between rest rooms)

Assembly Hall (across from athletic mail operations next to room 119)

Gresham Dining Room

Indiana Memorial Union (various locations)

Reuse Disposable Water bottles?

Plastic water bottles (such as Dasani, Smart Water, Evian) are made from a plastic called Polyethylene Terephthalate (PET) and are intended for single-use only. Reusing them can cause harmful levels of bacteria to grow and washing them may allow may cause the plastic to disintegrate and release the chemical antimony, a possible carcinogen.²

² http://www.hsph.harvard.edu/news/files/2012/12/bpa_and_phthalates_by_the_numbers.pdf

HEALTHY BEVERAGE RESOURCES

Want to know more about drinking adequate fluids and consuming healthy beverages? The following list of additional resources can provide you with further information on staying hydrated and drinking healthfully.

U.S. Department of Agriculture (USDA): www.choosemyplate.gov

Institute of Medicine: www.iom.edu

Center for Disease Control and Prevention: www.cdc.gov

American Council on Exercise: www.acefitness.org