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## Nutrition Info About Beverages



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Beverage choices are just as important as food choices. Drinking sugary beverages can contribute unnecessary calories. Instead, reach for water first.

Here are four tips for quenching your thirst healthfully.

### *Drink Plenty of Refreshing Water*

Water does the body good. It helps your muscles and brain stay hydrated for optimal physical and mental performance. How much water you need depends on your size and activity level; larger, more active people need more fluids. Drink enough for your urine to be mostly colorless and odor-free.

### *Drink Nutrient-Rich Dairy and Fortified Beverages*

The calcium in dairy foods help build and maintain healthy bones, teeth and muscle mass. They also may help lower the risk of high blood pressure. For the most nutrients with the least fat and calories, look for fat-free or low-fat options. Plant-based beverages fortified with calcium also are a good option — be sure to choose unsweetened varieties.

### *Drink a Maximum of 4 to 6 ounces of Juice a Day*

While 100-percent juice can be a great source of several nutrients, it's possible to get too much of a good thing. Whole fruits and vegetables are much better ways to get vitamins, minerals and fluids. Actual food tends to be more satisfying, plus you get the added value of fiber and phytonutrients from the skin and pulp.

### *Drink Other Beverages with Care*

Soft drinks, sweetened teas, fruit drinks and most sports and "energy" drinks are loaded with calories and sometimes caffeine. Coffee drinks often are surprisingly high in calories, fat and sugar. Alcoholic drinks are packed with empty calories. Here are some ways to manage drinks that add extra calories:

- Be a label reader and nutrition investigator. Check calories, caffeine, sugar and fat before you drink. If the numbers aren't on the label, check the company's website.
- Steer clear of super-charged "energy" drinks. Do not consume highly caffeinated beverages with alcohol.
- Choose the smallest sized portion you can buy. Moderation is always a smart way to treat your body well.

Reviewed January 2018 by Taylor Wolfram, MS, RDN, LDN. Published January 23, 2018. To learn more healthy tips, visit [www.eatright.org](http://www.eatright.org) and consult a registered dietitian nutritionist. Info obtained from [www.eatright.org](http://www.eatright.org).