What’s in your beverage? Do you ever wonder what you are consuming as you sip back that lemonade, Coca-Cola or sweetened iced tea? Probably not, as it isn’t everyone’s first thought. Although some beverages may have nutrients, a lot of sweetened beverages do not. When in doubt, water, skim milk or unsweetened iced tea are some of your best options.

Calories in beverages are something to be aware of! Just because it is liquid does not mean it is calorie-free! Although there are some calorie-free beverage options out there, let’s assess the best ones for regular consumption versus the ones that should occasionally be in your diet. Interesting in losing weight? Skipping out on calorie-filled beverages is a great way to do this. Calories from drinks can add up fast! Let’s take a look at the chart below to see how substituting calorie-rich drinks for other alternatives can make a difference in your day.

<table>
<thead>
<tr>
<th>Instead of this…</th>
<th>Calories</th>
<th>Drink this…</th>
<th>Calories</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium café latte (16 ounces) made with whole milk for breakfast</td>
<td>265</td>
<td>Small café latte (12 ounces) made with fat-free milk</td>
<td>125</td>
<td>140</td>
</tr>
<tr>
<td>20-oz bottle of Coke with lunch</td>
<td>227</td>
<td>Bottle of water or diet pop</td>
<td>0</td>
<td>227</td>
</tr>
<tr>
<td>Sweetened lemon iced tea from the vending machine (16 ounces) during lunch</td>
<td>180</td>
<td>Sparkling water with natural lemon flavor (not sweetened)</td>
<td>0</td>
<td>180</td>
</tr>
<tr>
<td>A glass of ginger ale with your dinner (12 ounces)</td>
<td>124</td>
<td>Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice</td>
<td>0 calories for the water with fruit slice, or about 30 calories with 2 ounces of 100% orange juice</td>
<td>24-94 calories</td>
</tr>
<tr>
<td><strong>Total Beverages Consumed</strong></td>
<td>796</td>
<td></td>
<td>125-55</td>
<td>571 - 641</td>
</tr>
</tbody>
</table>

*By making the substitutions above, you could save between 571-641 calories per day, which could result in losing more than 1 pound per week!*
HOW MUCH SUGAR IS IN THAT?

1, 12 fl oz can of Coca-Cola – 39 grams Sugar = 10 teaspoons sugar

1, 20 fl oz bottle of Coca-Cola – 65 grams of Sugar = 16 teaspoons sugar

1, 20 fl oz bottle of Sprite – 65 grams of Sugar = 16 teaspoons of sugar

Not a big pop drinker? Other beverages can also contain a lot of added sugars.

1, 16.9 fl oz bottle of FUZE Mixed Berry – 45 g of Sugar = 11 teaspoons sugar

1, 18.5 fl oz bottle of Gold Peak Sweetened Iced Tea – 42 grams of Sugar = 10.5 teaspoons of sugar

Take your favorite beverage from above and scoop out the appropriate amount of teaspoons filled with sugar into an 8-ounce cup. You will quickly see how much added sugar you are ingesting from these drinks.

Agency Spotlight

Catholic Social Services Produce Distribution Round 2!

This large-scale produce distribution located at 4925 Packard in Ann Arbor (Catholic Social Services) is in full-swing and will continue to operate until October 25th, 2012. Refer your clients every Thursday from 4-6pm to receive FREE fresh fruits and vegetables.

The produce distribution is set up like a Farmer’s Market, where people have the liberty to go around and choose the foods they will consume.

As the months go by, different produce becomes available during the distribution.

May 2012: Volume 1, Issue 6
What's New at Food Gatherers?

Food Gatherers has two summer interns from the School of Public Health: Lauren Nichols and Kelly Osika. They will primarily be involved with the Summer Food Service Program at four of our partner agencies, among several other projects at Food Gatherers. If you see them around, please welcome them to your agency!

Learn to read the nutrition label!

The calories listed on a nutrition label are not always what they seem. You need to be aware of 1) Serving Size and 2) Servings Per Container. In the example below, notice that the serving size for this beverage is 8 fluid ounces, but there are 2.5 servings per container. There are 100 calories per 1 serving. If you drink the entire beverage, you are consuming 2.5 servings, and therefore, consuming 250 calories (100 calories x 2.5 servings).

<table>
<thead>
<tr>
<th>NUTRITION FACTS LABEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 8 fl. oz.</td>
</tr>
<tr>
<td>Servings Per Container</td>
</tr>
<tr>
<td>2.5</td>
</tr>
<tr>
<td>Amount per serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>100</td>
</tr>
</tbody>
</table>

Why to Skip Out on Pop

These are just a few reasons to leave pop in the vending machine or at the store:

- **Wasted calories** – There are no nutritional benefits from consuming pop, meaning there are no vitamins and minerals benefiting your health. There is a lot of extra calories though.
- **Acid** – There is enough acid in diet or regular pop to wear down the enamel of your teeth over a period of time. When enamel is stripped away, teeth become more sensitive and susceptible to decay.
- **Mineral Depletion** – Pop contains high amounts of phosphorus which can leach calcium from your bones. This could increase your risk for osteoporosis (or weak bones).
- **Save Money** – To drink 2 cans of pop a day would be about $206 over a year. If there is more than 1 pop drinker in the house, that amount could double, triple or even quadruple!

The American Heart Association recommends 6 teaspoons (100 calories) per day of added sugars for women and 9 teaspoons (150 calories) per day for men. Unfortunately, you cannot tell the difference on a nutrition label of naturally occurring sugars, such as those found in milk and fruit, versus added sugars, which are added during processing to improve the taste of certain foods. Look at the ingredients list to see if added sugars are in the food you are eating or beverages you are drinking. Added sugars include:

- brown sugar
- corn sweetener
- corn syrup
- high fructose corn syrup
- fruit juice concentrates
- honey
- invert sugar
- malt sugar
- molasses
- raw sugar
- sugar
- syrup
- sugar molecules ending in “ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)
Great Beverage Choices

**Water** – the average person loses about 2 ½ quarts of water throughout the day (and even more if it is hot and humid outside), so drinking water regularly throughout the day is a must! Water keeps your kidneys cleansed, your joints lubricated and your cells hydrated. It flushes toxins from your system and keeps your skin healthy and looking good. Opt for about 64 ounces (that is 8, 8 ounce glasses of water per day). Having a hard time reaching that goal? Here are some tips to help:

- Drink water every time you walk past a water fountain or water jug
- Keep a glass or bottle of water at your desk all the time
- Instead of a coffee break, take a water break
- Drink sparkling water with a squeeze of lemon or lime
- Keep in mind, the water your body needs comes from the foods you eat and from beverages other than water

**Green Tea** - Contains antioxidants that can protect cells from carcinogens (cancer-causing substances). May also help guard against heart disease by relaxing blood vessels, inhibiting the formation of blood clots that trigger heart attacks and strokes. Drink it hot or cold! Also, 0 calories!

**Coffee** – Contains antioxidants and may decrease your risk of developing type 2 diabetes, Parkinson’s disease and even liver cancer. 2-3 cups of coffee per day is ok! Watch what you put it in your coffee though. Dowsing it with sugar and cream is the problem. If you must sweeten it up, try adding a splash of skim milk.

**Skim Milk** – unless you are 2 or younger, you should be drinking skim milk. Skim milk is packed with 9 essential nutrients, and is much lower in calories and fat compared to higher fat milks, like whole milk.

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For more information, questions, comments or concerns,
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