

Exercise Your Right to

# Drink Less Soda Drink More Water



**Drink more water  
- the naturally  
nurturing drink!**

Water is the best refresher! Want to know why? The human body is 60% water, and it depends on water to flush out toxins, carry nutrients, and moisten and protect joints and tissues. Water also helps maintain body temperature. Without proper hydration, you may feel tired and lack the energy to be active.

## **Water recommendations:**

- Drink 6-8 cups of water every day. Remember, tap water is perfectly safe and best of all, it's almost free!
- You can count other beverages like milk, coffee and tea toward your water intake because they're mostly water. 100% fruit or vegetable juice counts too, but limit to 4-6 oz. per day.
- Drink more when you exercise, feel thirsty, hot, or sick, or when you're pregnant or breastfeeding.

## **Tips to make it easy:**

- Keep a pitcher of water in your refrigerator for easy access.
- Carry a water bottle with you at work or school and refill it often.

## **Take the next step – instead of drinking a soft drink, try to:**

- Drink some water right when you wake up in the morning
- Drink water (or low fat milk) with each meal
- Drink water between meals
- Try sparkling water at parties or social gatherings
- Order water when eating out at restaurants – it's free!

## **You need more water when you exercise**

Drink water before, during, and after physical activity.

## **Soft drinks = sugar**

Soft drinks are the main source of added sugars in the American diet. They contain no vitamins, minerals, or other healthy components. See how the sugar in 12 oz. beverages add up:

- One can of Orange soda = 12 tsp. sugar
- One can of Cola = 10 tsp. sugar
- Powdered drink mix = 8 ½ tsp. sugar

## **Soft drinks are empty calories:**

Besides being a source of "empty calories," soft drink consumption has been connected to:

- A spike in blood sugar and insulin, which may make you feel hungry
- Excessive calorie intake and weight gain
- Low intake of milk, fruits, and dietary fiber
- Increased risk of heart disease, type 2 diabetes, bone fractures and certain types of cancer

## **Diet soft drinks are not the answer:**

Diet soft drinks are not a recommended substitution for regular soft drinks. Even though they contain little or no calories, their sweet taste and acid content is believed to:

- Increase your cravings for sweet, high-calorie foods
- Lead you to overeat and gain weight
- Cause erosion of tooth enamel