

SENIOR NUTRITION NEWS

August 2018

Tips to Make Better Beverage Choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients, but too much fat and too many calories. Here are some tips to help you make better beverage choices.



- **Drink water instead of sugary drinks.** Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- **Water is usually easy on the wallet.** You can save money by drinking water from the tap at home or when eating out.
- **Manage your calories.** Drink water with and between your meals. People take in about 400 calories per day as beverages — drinking water can help you manage your calories.
- **Make water, low-fat or fat-free milk, or 100% juice the easy go to option in your home.** However, it is recommended to limit 100% juice to no more than 8 ounce each day.
- **Don't forget dairy.** When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same amount of key nutrients such as calcium, vitamin D, and potassium, but the number of calories and amount of fat are very different between whole, 2%, 1%, and fat free milk.
- **Water on the go.** Water is always convenient. Fill a clean, reusable water bottle to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- **Check the facts.** Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.



Rainbow Water Quencher



- 1 Pinch Lemon Zest
- 1 Strawberry, cut into quarters
- 1-3 Peach Chunks, frozen
- 2 Cucumber Slices
- 8 Ounces Ice Cold Water

What's a "Muddler"?

A "muddler" is a stick used to mash—or muddle—fruits, herbs and spices in the bottom of a glass to release their flavor. If you don't have a "muddler", you can use a spoon, straw, or a stir stick.

- 1) Wash all fruit or vegetables.
 - 2) Add a tiny pinch of lemon zest to cup.
 - 3) One at a time, add fruit to the cup. "Muddle", then smell after each addition.
 - 4) Fill the cup half-full with ice-cold water.
 - 5) Stir well and enjoy!
- Try using other fruits.
 - Try using other aromas like, orange or lime zest, herbs like mint or basil, or spices like cinnamon.

Sources: <https://www.choosemyplate.gov/ten-tips-make-better-beverage-choices>; "But I Don't Feel Thirsty" publication from Eat Smart Idaho District 3 retrieved 07/25/18

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Kootenai & Shoshone:	446-1680
Bonner & Boundary:	263-8511
Clearwater, Latah or Nez Perce:	883-2267
Idaho or Lewis:	983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 446-1680
E-mail – kalig@uidaho.edu
Web: www.eatsmartidaho.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.