

# NUTRITION NEWS

April 2015

## Re Think your DRINK!

Scientific evidence consistently supports the conclusion that drinking soda and other sugar sweetened beverages increases a person's risk of being overweight or obese. People who drink sugary beverages do not feel as full as if they had eaten the same calories from solid food, and studies show that people consuming sugary beverages don't compensate for their high caloric content by eating less food. The average 20 ounce soda contains about 17 teaspoons of added sugar.

So next time you reach for your favorite soda or an ice cold bottle of ice tea—**ReThink your Drink !**

- Try to drink water instead (see 8 tips for drinking more water)
- Switch from juice to whole fruit. Fruit juice is loaded with calories and doesn't contain all of the fiber that whole fruit does.
- Skip sports drinks—because unless you are exercising intensely for more than 60 minutes—you probably don't need it. What's more, sports drinks are high in sugar and low in other nutrients.
- Watch out for coffee and tea drinks—you may be surprised at how much sugar is added to your favorite coffee or tea drink. Try a plain version and sweeten it yourself with less sugar. Can't shake the habit? Try to downsize at least—this will cut down on the added sugar.

STUDENT  
**health101**<sup>TM</sup>

Questions about nutrition? Make an appointment to see the Dietitian! Call the Student Health Center to schedule an appointment: 209-228-2273

## H.E.R.O.E.S. Corner



Make Your Plate in the DC from  
11:30am-1pm on every  
Monday and Thursday in April!

Email [heroes@ucmerced.edu](mailto:heroes@ucmerced.edu) if your club wants to learn more about the sugar sweetened beverage campaign!

Bobcats In Motion starts March 30th!

Check us out on Facebook:

<https://www.facebook.com/events/340201316190159/>

## 8 Tips for drinking more water:

1. Add lemon or lime to your water
2. Try a spa water recipe
3. Cold water may taste better
4. Have water with every meal
5. Keep water near you when you are studying
6. Drink water when you feel like snacking
7. Drink water when you eat out—it's FREE!
8. Keep your water bottle with you and refill it on campus

