

Calories, Good To The Last Drop

Presented By: Kate & Karena



Outline

- Impact of beverage consumption on diet
- Types of popular beverages to choose from
- Advantages and disadvantages of beverages available
- Interesting topics about each beverage

How many liquid calories did you consume today?

- Most Americans drink $\frac{1}{4}$ of their daily calories
- According to a NHANES report, beverages make up 22% of the total energy intake in the U.S. diet.



Your Choice Counts!

- According to NHANES
 - Obesity rates are higher among sweet-drink consumers
 - People who consumed 100% Orange Juice and Low-Fat Milk tended to be less overweight





What Are Your Choices?

- LOTS of options – makes it hard to decide which drink is the healthiest option.
- **Here are some of your choices:**
 - Soda
 - Water
 - Coffee
 - Tea
 - Milk
 - Alcohol
 - Energy Drinks
 - Sports Drinks

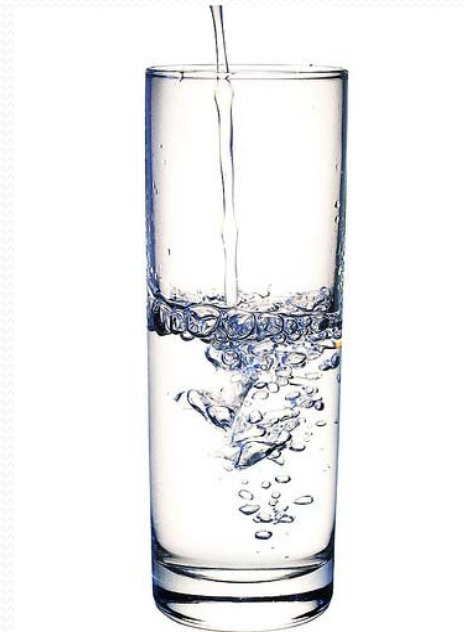
Soda

- **What is it?** Carbonated flavored water
- **What types are there?** Regular, Caffeine-free, Diet
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**



Water

- **Where does it come from?** Well Water, Bottle Water, Spring Water, Mineral Water, Purified Water, and Tap/Municipal Water
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**



Coffee

- **What Types Are There?** Caffeinated, Decaf, Brewed, Roasted, Instant, Iced, Espresso, and a Variety of Different Flavors.
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**



Tea

- **What Types?** White, Green, Black, Herbal, and a variety of different assortments.
- Plant name: *Camellia Sinensis*
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**



Milk

- **What Types?** Whole, Reduced Fat, Skim, Organic, Lactaid, Soy, Rice, and Flavored Milk (Chocolate)
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**
 - http://www.whymilk.com/weighing_ba.php
 - http://www.whymilk.com/weighing_bb.php



Juice

- **What Types?** 100% Juice, Fruit flavors, Vegetable flavors
-
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**



Alcohol

- **What Types?** Beer, Wine, Liquor
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**
 - $0.8 \times \text{PROOF} \times \text{OUNCES}$
= Kilocalories



What is Alcohol in Moderation?

- For Men = 2 standard Drinks per Day
- For Woman = 1 standard Drink per Day

What's Moderate Drinking?

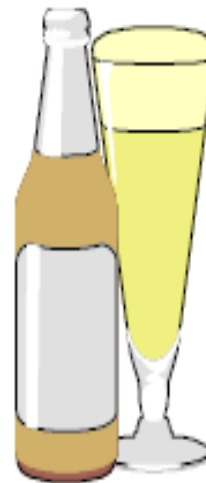
Women:

No more than 1 drink a day

Men:

No more than 2 drinks a day

Count as a drink...



*12 ounces
of regular beer*



*5 ounces
of wine*



*1.5 ounces
of 80-proof
distilled spirits*

Energy Drinks

- **What Types?** Red Bull, Full Throttle, Starbucks Double Shot, Rockstar, Jolt
- **Advantages?**
- **Disadvantages?**
- **Interesting Facts?**



Sports Drinks

- What types are there? Gatorade, Powerade
- Advantages?
- Disadvantages?
- Interesting Facts?





Conclusion

- Created awareness of the variety of available beverages
- Highlighted some advantages and disadvantages
- Shared some interesting facts on beverages and consumption of beverages
- ALWAYS remember...
 - **Everything In Moderation:** Calories count (whether it is a solid food or a beverage)
 - **Choose Beverages Wisely:** Some beverage choices have the distinction of enhancing your health, while others are just added calories

Questions???





References

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