

BEVERAGE BASICS:

WHAT YOU NEED TO KNOW ABOUT WHAT TO DRINK

WATER IS THE MOST ESSENTIAL NUTRIENT FOR LIFE,

but chances are you don't pay
much attention to how
much you're sipping every day.

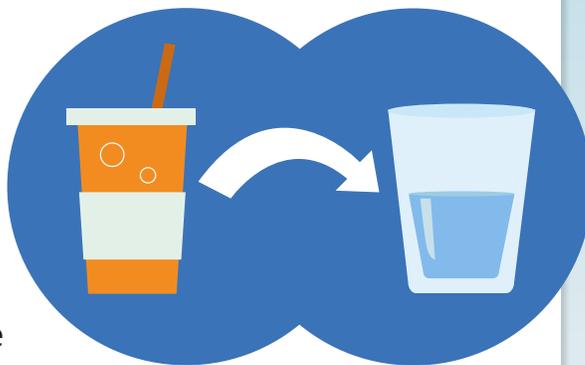
While a sugar-sweetened beverage can be an occasional treat, it's easy to gulp down too many sugary beverages. In fact, the most recent national nutrition data reveal that **47 percent of all added sugars in the U.S. diet come from beverages including soft drinks, fruit drinks and energy drinks.**¹

But there's good

news: Enjoying a glass of good old H₂O in place of just one 12-ounce sweetened beverage (at 140 calories per serving) each day is one of the easiest swaps you can

make. It would cut about 50,000 calories and more than 65 cups of sugar from your diet in a year!

From the bottle or tap, sparkling or still, water should be your primary beverage choice. Other beverages recommended in the Dietary Guidelines for Americans include: calorie-free coffee or tea, skim or low-fat milk, 100 percent fruit juice.



How much water do I need

The National Academy of Medicine recommends about **2.7 Liters (about 91 ounces) and 3.7 Liters (about 125 ounces) of total fluids**—including food and beverages—for adult women and men, respectively, each day.²

Since food accounts for about 20 percent of people's water intake, **women should aim to drink about eight to nine eight ounce glasses** of fluids, while **men need about 12 to 13 eight ounce glasses** of fluids a day. However, if you're active or it's hot and humid, you may need more fluids to stay hydrated.

HIGH & DRY: SIGNS YOU'RE DEHYDRATED

MODERATE DEHYDRATION

- Infrequent need to urinate
- Darker yellow urine
- Dry mouth
- Headache
- Muscle Cramps
- Dry, cool skin

SEVERE DEHYDRATION

- Confusion
- Dizziness
- Rapid heart rate and breathing³

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>. 2. Institute of Medicine. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, D.C.: National Academies Press; 2004. Available at <https://iom.nationalacademies.org/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>. 3. U.S. Department of Health and Human Services and U.S. National Library of Medicine. Medline Plus: Dehydration. Bethesda, MD: 2015. Available at <https://www.nlm.nih.gov/medlineplus/ency/article/000982.htm>

NEW YEAR, NEW YOU: 3 WAYS TO HELP MAKE YOUR RESOLUTIONS A REALITY

If you're resolving to lose weight, exercise more or want to make other positive lifestyle changes, you're not alone: Nearly half of all U.S. adults make New Year's resolutions.

Research suggests that making a resolution is a positive indicator that you're committed to

taking steps to change an unwanted behavior. In fact, studies reveal that individuals who make resolutions timed to the New Year are 10 times more likely to achieve their goals, compared to those who don't make any official New Year's resolutions, but who do want to improve their lifestyle.¹

Use these three resolution solutions to help you succeed:

1. MAKE "SMART" RESOLUTIONS

Many well-intentioned resolvers never have a chance at being successful because their goals are pie-in-the-sky, too vague or any other number of reasons that make them unattainable.

Goals should be Specific, Measurable, and Realistic and have a specific Timeframe for completion. An example of a smart resolution would be, "I'm going to drink one glass of water in place of one sugary beverage five days a week for the next two months."



2. THINK SMALL TO ACHIEVE BIG RESULTS

It's better to start with one or two simple changes that you can live with rather than trying to completely overhaul your lifestyle.

Research also suggests that changing your food environment (i.e. what's in your pantry; how food is organized in your refrigerator and what's on your countertops) can help you achieve your goals.² For example, a step to improve your food environment is to have water easily accessible and top of mind — at your desk, in your car and in your refrigerator to encourage you to hydrate first with water vs. sugar-sweetened beverages.



3. HAVE STRATEGIES TO HANDLE SETBACKS

Long-term success maintaining a healthy weight or improving fitness is about making progress, not achieving perfection. In fact, trying to stick to an 80:20 approach, eating right 80 percent of the time and allowing for indulgences for 20 percent, is the best approach to achieving — and sustaining — your healthy lifestyle goals. Everyone has setbacks, but those who get back on track quickly are more likely to meet their long-term goals.

80:20

1. Norcross JC, Mrykalo, MS, Blagys, MD. Auld lang syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. *Journal of Clinical Psychology*, 2002 58(4): 397-405. 2. Neal DT, Wood W, WU D, Kurlander D. The Pull of the Past: When Do Habits Persist Despite Conflict with Motives? *Personality and Social Psychology Bulletin*, 2011; 37 (11): 1428.

HOW TO EAT AND DRINK TO REDUCE YOUR ENVIRONMENTAL FOOTPRINT

These environmentally-friendly eating tips are good for the earth and your body.



EAT MORE PLANET-FRIENDLY FOODS

Making food choices that are healthier for the planet doesn't mean you have to give up meat and other foods you love. To eat a more sustainable diet, enjoy animal-based protein foods in moderation and include a wide variety of plant-based proteins like beans and legumes; nuts and seeds; and whole grains like oats and quinoa. Plant-based foods usually have a lower environmental impact scores plus they pack in nutrients and fiber and are low in saturated fat and naturally contain no cholesterol.

SIP SMARTER WHEN ON-THE-GO

Most people on-the-go drink beverages from a can or bottle. If you're going to buy a beverage to take with you, consider water—from a tap or bottle. While tap water is the best beverage for the environment, bottled water has a lighter environmental footprint than other beverages sold in a plastic bottle like soda or energy drinks. That's because, unless there is flavoring or carbonation, bottled water doesn't have any "ingredients" that require water and energy to produce.



LOOK FOR LOCAL

Farmer's markets aren't the only place to find locally produced foods and beverages: supermarkets now stock plenty of options that are sourced within a few hundred miles from the store. Buying foods and beverages that are produced locally helps reduce transport miles, therefore requiring less energy.

BYOB

Using a reusable shopping bag helps reduce the number of plastic or paper bags that have an environmental footprint. If you use plastic shopping bags from the store, reuse them for trash or transporting your lunch or take advantage of the bag recycling services offered the next time you shop.

DON'T THROW IT OUT

According to the Natural Resources Defense Council, most Americans throw out about 25 percent of the food and beverages they buy.¹ Not only is food waste a drain on your wallet, it's harsh on the environment because most of the food we throw out ends up in landfills where it produces methane, a greenhouse gas, as it decomposes. To waste less food, plan your meals in advance, check your fridge and pantry before shopping to see what you have and use a shopping list.

At home, keep produce fresher longer by storing it correctly. Tomatoes, bananas and apples should be placed by themselves as they cause other fruit to ripen more quickly. Also, avoid washing berries and mushrooms until you want to eat them to prevent mold. Remember, too, that frozen produce is as nutritious as fresh and it will last for months in your freezer.

1. Natural Resources Defense Council. Wasted: How America is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill. August, 2012; IP:12-06-B. Available at: <https://www.nrdc.org/sites/default/files/wasted-food-IP.pdf>

5 WAYS TO GET AN A IN BACK-TO-SCHOOL NUTRITION

It may still feel like summer, but the new school year is just around the corner. Make sure your kids are getting a head start in healthy nutrition with the following tips:

RISE AND SHINE

Growing minds need to fuel up with a balanced breakfast to function at their best.¹ In fact, one study found students who ate school breakfast attended an average of 1.5 more days of school than their meal-skipping peers, and their math scores averaged 17.5 percent higher.²

Great breakfast options include a whole grain; a low-fat or fat-free dairy serving or other lean protein; and a serving of fruit or veggies. For example, scrambled eggs and whole wheat toast with fresh berries will provide a healthy start to the day.



KEEP HEALTHY HYDRATION HANDY

Water is an essential nutrient and one study recently reported that 54.5 percent of school-aged kids were not adequately hydrated.³ What's more, soda, sports drinks and other sugary beverages are crowding out calorie-free water in kids' diets. Replacing a single 12-ounce, 140-calorie sugar-sweetened beverage with water each day for a year can cut more than 50,000 calories per year from one's diet.

Make it easier for kids to reach for water by always having it available. Serve water with meals, pack bottled water in school lunches and have it in the car for afterschool activities.



PROTEIN POINTERS

Protein is essential to support growth but it also helps to keep small tummies satisfied. Make a serving of protein-rich foods like lean deli slices, low-fat dairy, nut butters or tuna part of a child's meal.



MAKE IT FUN

A new lunchbox is a great way to get kids excited to eat what's inside. Let your child pick out his lunchbox and any food storage containers. Take small steps to make healthy foods more exciting, like adding dips with fresh-cut veggies and fruit or using whole-grain tortillas to make rollup sandwiches instead of slices of bread. Purchase kid-friendly 8-ounce bottled water with fun labels, like Nestlé® Pure Life® seasonal selections.



PACK PRODUCE

According to the Centers for Disease Control (CDC), 6 in 10 children are not meeting their fruit serving recommendation and 9 in 10 don't eat enough vegetables.⁴ Fruits and veggies are rich in

antioxidant vitamins A and C, folate, fiber, and potassium while being low in calories. Strive to get at least one serving of fruits or veggies at every meal and keep pre-washed produce available for your kids to grab and eat.



1. Hoyland A, Dye L, Lawton CL. A systematic review of the effect of breakfast on the cognitive performance of children and adolescents. Nutrition Research Review, 2009 22(2):220-43. 2. Deloitte Analysis Ending Childhood Hunger: A Social Impact Analysis. Available at: <https://www.nokidhungry.org/pdfs/school-breakfast-brochure.pdf> 3. Kenney EL, Long MW, Cradock AL, Gortmaker SL. Prevalence of Inadequate Hydration Among US Children and Disparities by Gender and Race/Ethnicity: National Health and Nutrition Examination Survey, 2009–2012. American Journal of Public Health 2015 105(8): e113-e118. 4. Centers for Disease Control. Available at: <http://www.cdc.gov/vitalsigns/fruit-vegetables/>