Eat **Right** For Life

PHASE 5: Drink the Right Beverages

Gulp. What do the beverages we choose to drink have to do with *EATING* Right for Life? Plenty. Recent studies show that beverages account for a whopping 22-percent of American's total daily caloric intake. This glaring statistic underscores how important it is to do your beverages right. What you choose to drink can have a profound impact on your health and body weight. To maximize your liquid intake you will need to learn to dump those that are bad – sugary drinks – in favor of those that are good, like water.

SURVEY

Simply check (✓) "Yes" or "No" in response to each of these questions

YES	NO	
☐	☐	Do you drink sugar-sweetened or diet soda on most days?
☐	☐	Do you drink more than one ½-cup serving of 100% fruit juice most days?
☐	☐	Do you regularly consume sugar-fortified beverages like energy drinks, dessert coffee beverages, flavored milk, fruit drinks, or sports drinks?

Americans drink an enormous amount of liquid sugar calories that averages to 300 calories a day. There is one beverage that is perfectly suited to our biological needs and provides zero calories – water. Review your answers to the survey questions to assess your current hydration habits. If you answered yes to any of the questions, there is a strong possibility that liquid sugar calories make up a significant portion of your total caloric intake. Start transforming your hydration practices today with the beginner goal or aim for the intermediate goal to really do your beverages right!

GOALS

Simply check (✓) your goal

- ☐ **Beginner**: For females, drink 9 cups of fluid daily and choose water most frequently.
  For males, drink 13 cups of fluid daily and choose water most frequently.
- ☐ **Intermediate**: Substitute water in place of sugar-fortified beverages such as soda, fruit drinks, sports drinks (unless you are exercising for longer than 60 minutes at a time), dessert coffee beverages and energy drinks.
- ☐ **Advanced**: Eliminate sugar-sweetened beverages from your diet.

TRACKING

Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____

Notes: