Beverages can add inches to your waist!

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What Is Primary Source of Added Sugars in the American Diet?

A. Sodas and fruit drinks
B. Sugars and candy
C. Cakes, cookies and pies
D. Dairy desserts and milk products
E. Other grain foods
Answer: A = Sodas and fruit drinks

*Together these drinks contribute 43%, or almost half of all the consumption of added sugars by Americans.*
Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

No Data          <10%           10%–14%     15%–19%           20%–24%          25%–29%          ≥30%

[Map showing obesity prevalence by state]
Case Study: “Brenda”

Before

- (4) 20 oz. Mountain Dews per day
- No breakfast
- Ate lunch
- Seldom ate dinner and if she did, she “overdid it”
- 246 pounds
- Size 26
- Exercises, wears oxygen 24/7
What is the **BEST** way to lose weight?

1. Eat fewer calories.
   
   AND …

2. Burn more calories.

Create a calorie deficit **slowly** over time to lose weight and sustain that loss.
Did you know?

3,500 excess calories consumed = 1 pound of body fat gained.

For example:

300 fewer calories consumed per day
+ 200 additional calories burned through activity per day
500 calories per day x 7 days = 1 lb. lost per week
Lancaster, PA
Some Beverages Pack Calories

- Shake, 16 oz: 580 calories
- Creamy Coffee Drink, 16 oz: 240-510 calories
- Lemon Malt Beverage, 16 oz: 360 calories
- Fruit Smoothie, 24 oz: 330 calories
- Soda, 32 oz: 310 calories
- Juice Drink, 21 oz: 250 calories
- Energy Drink 16 oz
- Sport Drink, 32 oz
- Tea, sweet, 20 oz
- Microbrew Beer, 12 oz: 150-200 calories
Low-Cal Beverage Options

- Coffee
  - can ask for non-caloric sweetener and fat-free milk
- Unsweetened or Diet Iced Tea
- Water (can add lime, lemon or even cucumber)
- Brewed Tea
- Diet Soda
- Naturally Flavored Sparkling Water
Golden Rules

- Do not drink your calories
- Eat breakfast, lunch and dinner
- Drink more water
- Eat slowly (20 Minute Rule)
- Keep daily food/beverage logs
- Increase physical activity
- Think new lifestyle and not diet
  - Men: no less than 1,500 calories per day
  - Women: no less than 1,200 calories per day
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**After (3-4 months)**
- Drinks water, no soda
- Eats breakfast, lunch and dinner
- Eats more fruits and vegetables
- 185 pounds
- Size 14-16
- Exercises, wears oxygen 24/7 (reports breathing is easier)
“Water is the only drink for a wise man.”

Henry David Thoreau

(1817 - 1862)