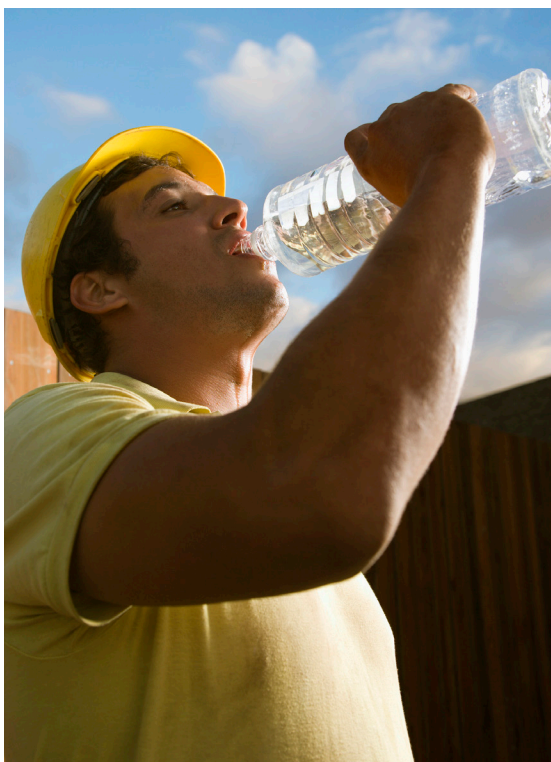




# Good for You!

## Time to Rethink Your Drink!



When the weather heats up, our bodies' need for water goes up, too. It's important to reach for a beverage before we feel thirsty.

**Why is hydration a concern?** The human body is made up of about 60% water. The water in our bodies contributes to many important tasks, including digestion, the transportation and absorption of nutrients, circulation (water is a big part of our blood and other body fluids), saliva (did you know having enough saliva is important in fighting tooth decay and gum disease?) and maintaining body temperature.

**It's not just about remembering to drink – it is important to be smart about WHAT we choose to drink.**

**Why is water the best choice?** In addition to all the roles water plays in our bodies, we know that it provides other important benefits.

**It can help us control calories.** How? First, think to drink a glass of water before meals – sometimes our “hunger” is actually thirst, and that glass of water may help us eat less. Second, by choosing water over higher calorie drinks, we get all the benefits with none of the negative effects added sugar can bring.

**Water helps us stay energized.** Cells need the right balance of fluid (water) and electrolytes (think sodium and potassium) to work at their best. If cells aren't at their best, then we are likely to show signs of mental fatigue, confusion or physical tiredness.

### Save money, and calories, by ordering water when you eat out!



Sugary beverages cost not only calories, but also add to meal and grocery totals. Think about it – many of the things we can do to help our health can be costly – such as joining a gym. But improving your healthy habits by drinking less soda can save you big money.



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# What's wrong with choosing soda, or juice drinks, or sweet tea?

Sugary drinks get in the way of our drinking and eating healthier choices. When we choose a sugar-sweetened drink, it means we ARE NOT going with a healthier beverage. That can mean “empty” calories, or calories with little nutritional value replacing a healthier choice. Most people (children,



women and older adults) cannot fit those extra calories in their daily eating pattern without losing out – either important nutrients will be lost (if soda replaces milk, for example) or total calorie intake will be higher, which over time leads to weight

gain. One 12-ounce serving of soda contains eight teaspoons of sugar, or about 135 calories. That's more added sugar than the American Heart Association recommends that women consume in an entire day!

The research leaves no doubt. Sugar-sweetened beverages (SSBs) increase the risk of obesity, diabetes, heart disease and gout. Studies in children and adults found that reducing SSBs can lead to better weight control in those who are initially overweight. Even one 12-ounce serving a day increases the risk for type 2 diabetes over those who rarely drink sugary drinks. And, SSB consumption is associated with less healthy behaviors. Adults and adolescents who smoke, don't get enough sleep, don't exercise much, eat fast food often and who do not eat fruit regularly are more likely to frequently consume sugary drinks. 2013 data show that 30 to 35% of adult Kansans drink SSB one or more times a day.

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## Your Reusable Water Bottle – Keep it Clean!

If you fill a water bottle and carry your healthy drink along with you, congrats! But it is important to keep your reusable bottle clean or you could actually make yourself sick. Here are some key points to good clean (healthy) drinking!

- Wash and disinfect your water bottle at least every few days, if not more often. It's simple – just add a few drops of dish soap to your water bottle, fill about half full with warm water, screw on the top and shake! Rinse the bottle thoroughly and leave open to air dry.
- If your bottle is in need of deeper cleaning (think – to remove an odor?) after you wash with soap and water, use a vinegar soak of 1/5 white vinegar and 4/5 water. Let it sit in the bottle overnight, then rinse thoroughly with water in the morning.
- Disposable plastic bottles aren't made to be used more than once. By washing and reusing a single-use bottle, you may begin to breakdown the plastic and expose yourself to harmful chemicals.

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