



Nutrition Education



FRUIT INFUSED WATER

To make water more appealing add natural flavor using fresh ingredients.

Adding fresh fruits and herbs will add minerals and vitamins to water which increases the nutritional benefits. It also makes water taste refreshing, slightly sweet, and delicious!

Experiment with creating your favorite combinations of adding single or multiple ingredients. Some popular choices to try are lemons, mint, cucumber, watermelon, berries, peaches and oranges.

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UCSF SugarScience
<http://sugarscience.ucsf.edu>

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Reduce Sugar Sweetened Beverages

Over time, too much liquid sugar can lead to serious diseases.

Liquid sugar, such as in sodas, energy drinks and sports drinks, is the leading single source of added sugar in the American diet. In fact, drinking just one 12-oz can of soda per day can increase your risk of dying from heart disease by nearly one-third. Other studies show that people who drink one to two sugar-sweetened beverages per day have a higher risk of developing Type 2 diabetes, compared to people who drink less than one per month.

What makes sweet drinks different?



When we eat an apple we can taste the natural sugar, but the sugar is "packaged" with fiber. Since it takes our bodies a long time to digest that fiber, the apple's sugar is slowly released into our blood stream, giving us a sustained source of energy.

But when we drink the same amount of sugar in sugary drinks, it doesn't include that fiber. As a result, the journey from liquid sugar to blood sugar happens quickly, delivering more sugar to the body's vital organs than they can handle.

It is easy to consume too much.

When we drink high-calorie beverages, we don't feel as full as we would if we had eaten the same number of calories.

So it's easy to down 9 teaspoons (36 grams) of sugar in one soda, about twice as many as in an apple, and hardly notice.