You need plenty of fluids to stay hydrated in Tucson, right? But many beverages have more sugar (aka calories) than we might think or need. “Drink It” choices below will keep you energized, hydrated, and provide some needed nutrition. “Re-Think It” choices are those that may have some good things going if used moderately or at the right time, but otherwise provide A LOT of calories that are just not worth it. Also, sugar creates inflammatory processes in your body that, over time, can affect your health. Adjust habits now to feel great, manage weight, and set yourself up for a long, healthy life.

**DRINK IT:**
- **Water** - Your body needs and loves it!
- **Tea (unsweetened)** - Hot or iced. Contains healthful antioxidants.
- **Milk (low fat/no fat)** - Provides protein, calcium, vitamin D, phosphorous, and B-vitamins.
- **Non-Dairy “milks” (soy, almond, rice, cashew, etc.)** - Similar to cow’s milk above, but with less protein (check soy milk labels for those higher in protein with 7-8 grams). Choose those fortified with calcium and other nutrients.
- **Coffee** - Yes, growing evidence indicates health benefits when drunk in moderation, black and/or with 1-2 T of a natural milk/milk substitute.

**RETHINK IT:**
- **Soda, Lemonade, Juice “Drinks”** - 12 oz. contains 140-180 calories (7-9 teaspoons of inflammatory sugars).
- **Fruit juices** - 12 oz., while having some nutrients, contain 165 calories. If you aren’t paying attention, this can add up. Eating the fruit itself has more nutrients and far less calories.
- **Chocolate milk (all types)** - The goodness of the milks listed above, but with added sugar.
- **Sugary coffee drinks (frappuccinos, mochas, tea lattes, syrup-added anything)** - Some of these have the calories of small meals. Even your usual grande mocha frappuccino is about 275 calories (15 teaspoons of sugar... yikes!). Drink less often and adjust the size, or go more basic without the sweeteners.
- **Sports drinks** - They have a purpose when you are exercising hard or for over 60 minutes, not for basic hydration. At 7.5 calories per ounce (generally), a 20 oz. bottle is 150 calories you don’t need... unless you are exercising long and/or hard. Really. Drink water.

Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.

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