



Step 09 Choose drinks wisely

Sweet drinks have become “normal” and “everyday”. Their high sugar content contributes to weight gain and tooth decay.

Choosing drinks wisely will help your health and weight.

What should I choose?

Drink anytime

- ✓ Tap water
- ✓ Water with ice and a slice of lemon or lime
- ✓ Plain, spring or mineral water sparkling or still

Drinks that can be useful in moderation

- Unsweetened tea or coffee
- Sugar free or “diet” fizzy drinks/ cordials
- Low sugar flavoured waters

Drinks that contribute to weight gain

- Sweetened drinks such as fizzy drinks, sports drinks, cordial, energy drinks
- Fruit juice
- Blue top milk and drinks made from it e.g. cappuccino, hot chocolate, milkshakes, smoothies
- Alcohol



Tip: Get into the water habit

- Water is the best drink to quench thirst and achieve a healthy weight
- Keep a glass, bottle or jug of water close by

What about milk?

- ✓ Milk is important for bones and teeth
- ✓ Choose green or yellow top varieties
- ✓ Have up to 2-3 glasses per day

Sweet drinks contribute to weight gain



Do we need 6-8 glasses of water a day?

Experts agree we need 6-8 glasses of fluid a day and that water is the best drink. Fluids such as tea, coffee and other low kilojoule drinks contribute to your 6-8 glasses a day.

Make sure you are having enough fluid by checking your urine. If it is pale and straw coloured during the day you are having enough. If it is dark in colour you need to drink more.



Alcohol - For weight loss, the less alcohol the better.



It takes around 2 hours brisk walk to burn off the kilojoules found in 1/2 bottle of wine or 4 beers or 2 RTDs

Alcohol contributes to weight gain because

- It is high in kilojoules while low in nutrition
- It increases your appetite
- It promotes fat storage

Reduce alcohol

- ✓ **Be prepared with non-alcoholic drinks** e.g. low kilojoule cordial with soda
- ✓ **Have a glass of water before you start drinking.** Often we drink alcoholic drinks fast because we are thirsty
- ✓ **Alternate alcohol with water.** This allows you to keep hydrated and drink less while staying sociable
- ✓ **Use diet mixers if you are having spirits and serve in a long glass with ice.** Longer drinks seem like more
- ✓ **Drink wine in a small glass.** Large wine glasses today are more likely to be 2 standard drinks!
- ✓ **Choose light (low alcohol) beer instead of regular varieties**
- ✓ **Trade-off** e.g. eat less or exercise more the next day. Remember, for most people, one standard drink equals around half an hour of walking

Myth:

Low carb beers are NOT lower in kilojoules than regular beers. Light beers are the lower kilojoule choice.

My goals for drinking wisely
