

Rethink your Drink

An initiative of Human Resources in partnership
with the Workplace Wellness Committee

Healthy Eating, Healthy Life
Workplace Challenge



Week 3: Rethink your Drink

When people think of healthy nutrition, many focus on the foods that they eat without paying attention to the beverages they consume. Some beverages should be limited or avoided in order to achieve and maintain a healthy weight and to reduce the risk of developing chronic diseases such as type 2 diabetes. This week's challenge is to make healthier drink choices.

HEALTHIER DRINK CHOICES

- Water (the healthiest choice).
- Unsweetened decaffeinated coffee and/or tea.
- White milk (unsweetened lower fat milk) or milk alternatives such as unsweetened soy, coconut or almond beverage.
- Juice labelled as 100% juice. Avoid juice labelled as "no sugar added" as it still contains a high amount of sugar.

DRINKS TO LIMIT/AVOID

Many drinks contain too much sodium, sugar, caffeine and saturated fat. These should be limited or avoided. The following are some examples:

- Diet or low-calorie beverages.
- Sugary drinks such as soda, sports beverages and energy drinks.
- Alcoholic drinks. Follow Canada's Low-Risk Alcohol Drinking Guidelines (<https://www.rethinkyourdrinking.ca/>).
- Juice beverages such as fruit punch, fruit drink, fruit cocktail and fruit flavoured beverages.
- Caffeinated drinks such as tea, coffee and some energy drinks and sodas.
- Specialty teas and coffees made with higher fat dairy as well as hot chocolate.

REPLACING SUGARY DRINKS WITH WATER

Canada's Food Guide recommends replacing sugary drinks with water in order to reduce the amount of sugar we drink. Beverages with added sugar increase your risk of developing obesity, type 2 diabetes, heart disease and cavities.

High-calorie sweeteners go by many different names in the list of ingredients. Limit or avoid any beverages that contain ingredients such as high-fructose corn syrup, fructose, honey, sugar, syrup, corn syrup, sucrose and dextrose as these are high calorie sweeteners.

Make water your drink of choice by following these tips:

- Drink water with your meals at home or at a restaurant.
- Carry a reusable water bottle when you are out.
- Keep a pitcher of water in the fridge or on your counter for easy access.
- Infuse water with herbs and fruits for added flavour. For example blackberries and mint, raspberries and cucumber, pear slices and a drop of vanilla extract.
- Drink carbonated water if you like having some fizz in your drink.

DID YOU KNOW?

Adults 19 years old or older should not consume more than 400 mg of caffeine per day.

- A brewed coffee (250 ml) has 80 to 179 mg of caffeine
- Tea: black - leaf or bag (250 ml) has 43 to 50 mg of caffeine.
- Tea: green, oolong or white - leaf or bag (250 ml) has 25 to 45 mg of caffeine.
- Diet soda (1 can) has 25-50 mg of caffeine.
- Energy drink (250 ml) has 80 - 97 mg of caffeine.

(Source - www.unlockfood.ca)



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TIPS FOR SELECTING HEALTHIER OPTIONS AT THE COFFEE SHOP

Coffee and other drinks can have a lot of added sugar and saturated fat. At the coffee shop:

- Order your usual drink one size smaller.
- If you typically order coffee with 2 creams and 2 sugars, replace cream with milk or cut down to 1 cream and 1 sugar or no sugar, or try your coffee black.
- Request your drink to be made with fat-free or low-fat milk or unsweetened soy/almond beverage instead of whole milk or cream.
- Opt out of topping your beverage with whipped cream.
- Do not add flavoured syrups such as vanilla, caramel or hazelnut to your coffee.

RETHINK YOUR DRINK....

- One medium slush drink (600 ml) has the same amount of sugar as 4 ice-cream sandwiches.
- One regular iced tea (600 ml) has the same amount of sugar as 3 pieces of cherry pie.
- One cup of fruit punch (250 ml) has the same amount of sugar as 8 chocolate chip cookies.
- One regular soft drink (591 ml) has the same amount of sugar as 20 chocolate chip cookies.
- One energy drink (473 ml) or large iced coffee has the same amount of sugar as 5 1/2 doughnuts.

(Source: www.ckphu.com)

HEALTHY RECIPE:

The link below outlines simple ways to add flavour to your water:

<https://www.wechu.org/school-resources/rethink-your-drink>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. Next week's Healthy Eating, Healthy Life Workplace Challenge is "Limit Junk Food Snacking".

For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating

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Visit the website for a listing of the sources consulted to write this publication