

# DRINKS & SUGAR

## Drinks

### Why is it important to stay hydrated?

Your body is mostly made up of water – nearly two thirds – so it's important to keep hydrated. Hydration is needed for digestion, for our heart and circulation, for temperature control and for our brain to work well. Water is, without a doubt, the single most important component of the human body. It can even help make your skin look good too.



It's recommended that men should typically drink 2 litres a day and women should drink 1.5 litres. However, this can depend on your health, age, size, weight or medical conditions as well as your activity levels, the type of job you do and the climate. Drinking little and often is the best way to stay hydrated.

Staying well hydrated is also important for maintaining healthy weight, boosting metabolism and can also help when trying to lose weight.

Here are our top tips to keep hydrated:

#### 1. Drink more water

Drinking water doesn't have to be boring – you can add fresh fruit or sugar-free squash to change it up. Water, sugar-free drinks, tea and coffee all count, but remember that caffeinated drinks can make our bodies produce urine more quickly.

#### 2. Eat more fruit & veg

Fruit and vegetables are packed full of healthy goodness and water! At 92% water, watermelon is one of the most delicious ways to get your fluids in, without downing H<sub>2</sub>O.

#### 3. Slurp soup

Soups and stews not only keep you hydrated, they're also a delicious way to get your 5 a day in and are packed with protein. Here are some tasty recipes for you to try that are healthy and great all year round.

#### 4. Add chia seeds

Chia seeds are rich in Omega-3 and great for long-term hydration. They absorb up to thirty times their weight in water, and they can help regulate body fluid levels and retain electrolytes, both are key in the battle against dehydration. Simply add a teaspoon to your favourite fruit smoothie, yogurt or straight to water.

#### 5. Semi-skimmed milk

Because it's so much thicker than water, you might think that milk could dehydrate, but that's not the case. In addition to calcium and vitamin D, milk contains protein to keep you fuelled on even the hottest of days. For a healthier choice, choose semi-skimmed, 1% fat or skimmed milk.

#### 6. Eggs

Yes, this breakfast staple is 75% water! Eggs are healthy and packed full of vitamins, minerals, and water. Next time you fancy a snack, why not try an egg, lettuce, tomato and avocado sandwich, a tasty snack that will also help keep you hydrated too.

The easiest way to check if you are dehydrated is to check the colour of your urine, if it's darker in colour and strong-smelling the chances are that you are not drinking enough water. [Click here](#) to find out other dehydration symptoms.

There are many drinks you should avoid if you are feeling dehydrated: Fizzy drinks, alcohol, hot chocolate, sweet tea, and coffee. Some foods can also be dehydrating, including bacon, fried food, soy sauce, salty snacks and sugary treats. Checking the nutrition labels on items can help you make healthier choices, ideally, you're looking for an all green label to help you choose a healthier more balanced diet.

### Fizzy Drinks

Fizzy drinks are not good for a person's health because it contains lots of sugar. Consuming too much soda may lead to weight gain, diabetes, and cardiovascular conditions. It may be best to choose healthier alternatives to soda.

According to the CDC, soda is not good for a person's health, primarily because of its sugar content. Too much sugar can have adverse effects on a person's health.

According to Harvard Health, a typical 12-ounce (oz) can of soda contains 29.4 to 42 grams (g) of sugar., which is equivalent to 7–10 teaspoons (tsp).

### Health Effects On The Body

The CDC also state that consuming a lot of beverages sweetened with sugar can lead to:

- weight gain.
- having obesity
- type 2 diabetes
- heart disease
- kidney disease
- non-alcoholic liver disease
- gout

Research conducted in 2018 found that people who regularly drink soda have a greater chance of developing type 2 diabetes than people who do not drink soda.

According to Harvard Health, soda can cause weight gain. This can occur due to a variety of reasons.

Soda does not make a person feel full in the same way that consuming the same number of calories from solid food would. Some people may continue eating despite consuming a high-calorie drink.

Additionally, sweet-tasting drinks may increase the appetite for other foods that are high in calories.

Soda can also cause tooth decay. According to the United Kingdom's National Health Service (NHS), sugary drinks are a leading cause of tooth decay.

When the bacteria in the mouth break down the sugar, it produces acid, which can dissolve the surface of the tooth.

### Is diet soda bad for health?

Diet soda is also unhealthful. Diet soda contains artificial sweeteners, such as aspartame or saccharin.

Research conducted in 2018 supported the notion that soda is a risk factor for diabetes. The study also found that switching to diet soda does not lower the risk of developing diabetes. It may even be an independent risk factor. Additionally, research conducted in 2019 tested the



effect of low-calorie soda on tooth enamel. The research found that both regular and low-calorie sodas that contained sweeteners had adverse effects on tooth enamel.

# HOW SODA IMPACTS YOUR BODY

**WEIGHT**  
Drinking one soda a day equates to consuming 39 pounds of sugar per year. Regularly consuming sugary drinks interacts with the genes that affect weight. Sugar-sweetened beverages are linked to more than 180,000 obesity-related deaths a year.

**BRAIN**  
Having too much sugar in your diet reduces production of a brain chemical that helps us learn, store memories and process insulin. Consuming too much sugar also dulls the brain's mechanism for telling you to stop eating.

**KIDNEYS**  
The high levels of phosphoric acid in colas have been linked to kidney stones and other renal problems. Diet cola is increased with a two-fold risk — especially when more than two servings a day are consumed.

**DIGESTIVE SYSTEM**  
The carbonation in soft drinks can cause gas, bloating, cramping and exacerbate the effects of irritable bowel syndrome. Caffeine can also worsen episodes of diarrhea or contribute to constipation.

**BONES**  
Soda consumption has been linked to osteoporosis and bone density loss, likely due to the phosphoric acid and caffeine in soda.

**HEART**  
Chronic diet and regular soda consumption leads to an increase risk of heart disease, including heart attack and stroke.

**LUNGS**  
The more soda you drink, the more likely you are to develop asthma or COPD.

**TEETH**  
The high levels of acid in soda corrode your teeth — almost as badly as drinking battery acid.



**Water is the healthiest choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.**

### **Fruit Juice & smoothies**

You might feel virtuous guzzling these but watch out. A small glass of cranberry or apple juice racks up nearly 100kcal and a small 250ml yoghurt based smoothie can be about 136kcal. You may find eating a piece of fruit more filling.

## Think before you Drink

So far we have focused a lot on food, but most of what we drink also contains calories so it's a good idea to make sure you're keeping a close eye on those liquid calories.

Is your regular latte, flavoured water or evening tippie sabotaging your best efforts to lose weight?! So what are the common offenders and where could you be going wrong?

So what are the common offenders and where could you be going wrong?

## Did you Know?

That one of the first signs of dehydration is tiredness! Reach for a glass of water instead of a snack.

## Caffeinated Drinks

DOUBLE CHOCOLATY CHIP  
FRAPPUCCINO



= 500  
CALORIES



The equivalent of one hundred and twenty

SKITTLES.



PEPPERMINT  
WHITE CHOCOLATE MOCHA



= 520  
CALORIES



The equivalent of 3.7 cans of

COCA COLA



Tea and coffee contain caffeine, which is a stimulant. This means caffeine can temporarily make us feel more alert or less drowsy. Caffeine affects some people more than others, and the effect can depend on how much caffeine you normally consume.

Caffeine is a Diuretic.

Caffeinated drinks can also make the body produce more urine. Some people are more susceptible to this than others, but it also depends on how much caffeine you have and how often you have it.

It's fine to drink tea and coffee as part of a balanced diet. In general, we should aim to limit the number of cups of tea or coffee to 2-3 per day. Try to alternate between a caffeinated drink and a non-caffeinated drink.

### Caffeine Can Increase Anxiety and Tiredness

Too much caffeine can make you more anxious than normal. This is because caffeine can disrupt your sleep and also speed up your heartbeat. If you are tired, you are less likely to be able to control your anxious feelings.

The Royal College of Psychiatrists recommends that anyone feeling tired should cut out caffeine. It says the best way to do this is to gradually stop having all caffeine drinks (and that includes coffee and tea and cola drinks) over a three-week period. Try to stay off caffeine completely for a month to see if you feel less tired without it.

You may find that stopping caffeine gives you headaches. If this happens, cut down more slowly on the amount of caffeine that you drink.

Drink	Caffeine content (mg)
Instant Coffee	80-100
Espresso (Arabica)	100-125
Tea	50
Green Tea	30
Coca - cola	34
Red bull	80

**How much fat and how many calories in Costa coffees?**

Drink	Fat	Calories
Massimo (Large) Hot Chocolate with Whole Milk	17.5g	464
Large Gingerbread Latte Whole Milk (flavoured syrup)	14.7g	332
Large Cafe Latte Whole Milk	14.4g	259
Large Cafe Latte Skimmed Milk	0.7g	141
Large Cappuccino Skimmed Milk	0.8g	118

**How much fat and how many calories in Starbucks drinks?**

Drink	Fat	Calories
Hot Chocolate with Whip cream Grande Whole Milk	23.5g	448
Cafe Latte Grande Whole Milk with flavoured Syrup	11.4g	301
Cafe Latte Grande Whole Milk	13.8g	265
Cafe Latte Grande Skimmed Milk	0g	163
Cappuccino Grande Skimmed Milk	0g	96

## Alcohol And Its Affects

Most of us enjoy the occasional drink without thinking too much about it. After all, a little bit here and there doesn't cause any real harm. Consuming large amounts on a regular basis, however, is a cause for concern. What might start as a way to cope with stress for example could lead to dependency.

Alcohol is a drug restricted by law and people must be at least 18 to buy it in the UK. The national guidelines advise that we consume no more than 14 units a week in order to keep our risk of alcohol-related disease low.

## Alcohol Shrinks Your Brain

Researchers found that moderate alcohol consumption shrinks areas of the brain associated with learning and development. Although the brain tends to shrink with age, alcohol can speed up that process.

Drinking large amounts over a long period of time can eventually lead to brain damage and increase your chances of developing dementia, a firm reminder that alcohol consumption today can have devastating irreversible effects in the years to come.

## Causes Depression

Alcohol might lift our mood for a moment, but it can never be a long-term solution to improving mental health. Alcohol is a depressant which means it actually slows down the processes in your body (alcohol reduces your heart rate and breathing as well your brain and reaction times).

Researchers found that there is a link between alcohol and depression, in that increased alcohol consumption heightens the risk of having poor mental health.

## Makes You Infertile

Studies also suggest that an increase in alcohol consumption decreases your chance of becoming a parent. Researchers found that habitual alcohol consumption decreases sperm quality. This decrease was found in men consuming as little as 5 units a week - that equates to a large glass of red wine and a pint of beer every seven days.

Alcohol also causes irregularities in female menstruation and ovulation, reducing a woman's chances of falling pregnant

## Makes You Gain Weight

Alcohol is calorific, and if consumed in large amounts it can contribute to weight gain. Drinking alcohol also lowers inhibitions and can lead to excess eating.

For example, you're more likely to grab a kebab or pizza on the way home if you've had a couple of beers. Alcohol in itself can be fattening and people who drink heavily are often overweight.

## Makes You Accident-Prone

Drinking can make you more prone to having an accident. Studies suggest that you are at a higher risk of injury if you are a regular drinker. Alcohol is also responsible for 13% of traffic related deaths. Although different countries have varying limits, even the smallest amount can influence how quickly you can react behind the wheel.

## Makes You Lazy

It's perfectly acceptable to have a relaxing glass of wine after a long hard week at work, but people often lost track of their alcohol consumption, particularly when there's something to celebrate. What begins as a wild night out often results in a sore head on Sunday morning. The persistent fatigue that comes with a hangover usually makes us vow to never do it again.

Alcohol is a sedative, but it also causes disrupted sleep. This pattern of irregular rest creates long-lasting tiredness that prevents us from getting on with our day. If you're a regular drinker, you may find yourself feeling quite lazy as your body tries to recoup and recover.

## Can Damage Your Bones

Drinkers are at a greater risk of developing bone disorders such as osteoporosis. This disease is characterised by bones with reduced mass and this weakness puts you at a greater risk of breaking or fracturing your bones.

Research suggests that heavy drinkers are at an increased risk of developing osteoporosis, but the jury is still out as to whether or not moderate drinking has any effect. Either way, alcohol prevents the absorption of calcium, which helps keep our bones healthy and strong. Taking that away can only be a bad thing.

## Causes Serious Digestive Problems

Alcohol irritates the lining of your stomach and intestines. As a result, you might find that that heavy drinking session means you're sitting on the toilet for a while. This might be a short term inconvenience but prolonged drinking can also lead to irreversible damage.

Alcohol causes an increase in stomach acid production which is why you might feel nauseous after one too many, but if you're violently sick you could cause real physical damage to your throat. Repeated inflammation can also lead to inflammatory bowel disorders.

Did you know a standard glass of wine contains as many calories as a small chocolate and a pint of lager has many calories as a packet of crisps?

The problem is, most of us just don't think of alcohol as being calorific. So, while we might go easy on the single cream when eating desserts, we wouldn't think twice about knocking back a couple of pints. In fact, the calorie content of two pints is similar to that a full glass of single cream.

A beer- drinker knocking back just five pints a week would add a whopping 44,200kcal over a year, equivalent to 221 doughnuts.

Tips to avoid weight gain

- Choose drinks with a lower ABV (alcohol by volume) instead of your usual tippie. There's an increasing range of lower alcohol choices available and with fewer calories.
- Don't drink on an empty stomach, as this can lead to snacking.
- Avoid 'binge drinking'. Drinking a large amount of alcohol over a short period of time may be significantly worse for your health than frequently drinking small quantities.
- Eat a healthier dinner before you start drinking. Order or cook before you start drinking so you're not tempted to go for the less healthy options.
- Alcohol contains lots of calories – seven calories a gram in fact, almost as many as a gram of fat. If you add a mixer this can also equal additional calories.



## Calories In Alcoholic Drinks

Type of Drink	Brand	ABV %	Volume		Units	Calories
Lager	Stella	4	Can	440ml	1.8	150
			Pint	568ml	2.3	193
		4.8	Can	440ml	2.1	180
			Pint	568ml	2.7	233
	Fosters	4	Can	440ml	1.8	132
			Pint	568ml	2.3	170
Carling	4	Can	440ml	1.8	145	
		Pint	568ml	2.3	187	
Ale	John smith	4	Can	500ml	2	160
			Pint	568ml	2.3	182
Stout	Guinness	4.1	Can	500ml	2.1	185
			Pint	568ml	2.3	210
cider	Gaymers	5.5	Can	440ml	2.4	194
			Pint	568ml	3.1	250
	Magners	4.5	Can	440ml	2	180
			Pint	568ml	2.6	232
Wine	Red	12	Small Glass	125ml	1.5	85
			Medium Glass	175ml	2.1	119
			Large Glass	250ml	3	170
		13	Small Glass	125ml	1.6	85
			Medium Glass	175ml	2.3	119
			Large Glass	250ml	3.3	170
	White	12	Small Glass	125ml	1.5	93
			Medium Glass	175ml	2.1	130
		13	Small Glass	125ml	1.6	93
			Medium Glass	175ml	2.3	130
Large Glass	250ml	3.3	185			

Type of drinks	Brand	ABV %	Volume		Units	Calories
Spirits	Gordon's Gin	37.5	Single	25ml	0.9	56
	Gordon's Gin & Tonic	37.5	Single	25ml	0.9	120
	Gordon's Gin & Slimeline Tonic	37.5	Single	25ml	0.9	56
	Smirnoff Red	37.5	Single	25ml	0.9	56
	Smirnoff Red & Coke	37.5	Single	25ml	0.9	120
	Smirnoff Red & Diet Coke	37.5	Single	25ml	0.9	56
	Bells	40	Single	25ml	1	61
	Captain morgan	40	Single	25ml	1	61
	Famous Grouse	40	Single	25ml	1	56
	Jack Daniels	40	Single	25ml	1	56
	Jagermeister	35	Single	25ml	0.9	63
Alcopops	Bacardi Brreezer	4	Bottle	275ml	1.1	154
	Red Square	5.1	Bottle	275ml	1.4	206
	Smirnoff Ice	4	Bottle	275ml	1.1	157
	VK Vodka Kick	4	Bottle	275ml	1.1	187
	WKD	4	Bottle	275ml	1.1	187

## Sugar

Men should consume no more than 8 teaspoons (30 grams) of added sugar per day.  
Women should consume no more than 7 teaspoons (25 grams)

Sugar has a bittersweet reputation when it comes to health. Sugar occurs naturally in all foods that contain carbohydrates, such as fruits and vegetables, grains, and dairy. Consuming whole foods that contain natural sugar is okay. Plant foods also have high amounts of fiber, essential minerals, and antioxidants, and dairy foods contain protein and calcium.

Since your body digests these foods slowly, the sugar in them offers a steady supply of energy to your cells. A high intake of fruits, vegetables, and whole grains also has been shown to reduce the risk of chronic diseases, such as diabetes, heart disease, and some cancers.

### Consuming Too Much Sugar

However, problems occur when you consume too much added sugar — that is, sugar that food manufacturers add to products to increase flavour or extend shelf life.

In the American diet for example, the top sources are soft drinks, fruit drinks, flavoured yogurts, cereals, cookies, cakes, candy, and most processed foods. But added sugar is also present in items that you may not think of as sweetened, like soups, bread, cured meats, and ketchup.

The result: we consume way too much added sugar. Adult men take in an average of 24 teaspoons of added sugar per day, according to the National Cancer Institute. That's equal to 384 calories.

### Where Does Your Added Sugar Come From?

Rank	Food Group	Proportion of average intake
1	Fizzy/energy/Sports Drinks	42%
2	Grain based Desserts	11.9%
3	Fruit drinks	8.5%
4	Dairy Desserts	5.5%
5	Candy/Sweets	5.0%
6	Sugars/Honey	4.1%
7	Tea	3.8%
8	Ready to eat cereals	2.9%
9	Yeast Breads	2.3%
10	Syrups/Toppings	1.4%

## 8 Reason Why Too Much Sugar Is Bad For You

1. **Weight Gain:** Consuming too much added sugar, especially from sugary beverages, increases your risk of weight gain and can lead to visceral fat accumulation.
2. **May increase your risk of heart disease:** Added sugar consumption increases heart disease risk factors such as obesity, high blood pressure, and inflammation. High-sugar diets have been linked to an increased risk of heart disease.
3. **Linked to Acne:** High-sugar diets can increase androgen secretion, oil production, and inflammation, all of which can raise your risk of developing acne.
4. **Increases your risk of type 2 diabetes:** A high-sugar diet may lead to obesity and insulin resistance, both of which are risk factors for type 2 diabetes.
5. **May increase your risk of cancer:** Too much sugar can lead to obesity, insulin resistance, and inflammation, all of which are risk factors for cancer.
6. **May increase your risk of depression:** A diet rich in added sugar and ultra-processed foods may increase depression risk in both men and women.
7. **May accelerate the skin aging process:** Sugary foods can increase the production of AGEs (advanced glycation end products), which can accelerate skin aging and wrinkle formation.
8. **Drains your energy:** High-sugar foods can negatively impact your energy levels by causing a spike in blood sugar followed by a crash.

These are just a few effects that sugar has on our body, be aware there are a lot more.

## How to Reduce Your Sugar Intake

Excessive added sugar has many negative health effects.

Although consuming small amounts now and then is perfectly healthy, you should try to cut back on sugar whenever possible. Fortunately, simply focusing on eating whole, unprocessed foods automatically decreases the amount of sugar in your diet.

Here are some tips on how to reduce your intake of added sugars:

- Swap fizzy drinks, energy drinks, juices, and sweetened teas for water or unsweetened seltzer.
- Drink your coffee black or use a natural alternative for a healthier option.
- Sweeten plain yogurt with fresh or frozen berries instead of buying flavoured, sugar-loaded yogurt.
- Consume whole fruits instead of sugar-sweetened fruit smoothies.
- Replace candy with a homemade trail mix of fruit, nuts, and a few dark chocolate chips.
- Use olive oil and vinegar in place of sweet salad dressings like honey mustard.
- Choose marinades, nut butter, ketchup, and marinara sauce with zero added sugars.
- Look for cereals, granola, and granola bars with under 4 grams of sugar per serving.
- Swap your morning cereal for a bowl of rolled oats topped with nut butter and fresh berries, or an omelet made with fresh greens.
- Use natural nut butter in place of sweet spreads like Nutella.
- Avoid alcoholic beverages that are sweetened with soda, juice, honey, sugar, or agave.
- Shop the perimeter of the grocery store, focusing on fresh, whole ingredients.

Eating too much added sugar can have many negative health effects. An excess of sweetened foods and beverages can lead to weight gain, blood sugar problems, and an increased risk of heart disease, among other dangerous conditions. For these reasons, added sugar should be kept to a minimum whenever possible, which is easy when you follow a nutrient-dense diet based on whole foods.

If you need to cut added sugar from your diet, try some of the small changes listed above. Before you know it, your sugar habit will be a thing of the past.