

DRINKS

FLUIDS FLY

Imagine your pouch or sleeve as a funnel. How long would it take for ½ cup of apple juice to pass through? How about an apple? The textures of your calories after surgery matter. A 60 calorie apple, which requires biting and chewing, will sit longer than a 60 calorie serving of juice.



LIQUID CANDY

Soft drinks and other sweetened drinks (fruit drinks, -ades, sweet teas, etc.) are the primary source of empty calories in the American diet. They also push out other vitamins and minerals, like calcium, and provide excessive amounts of caffeine. Also, when you drink calories, you don't compensate by eating less at the next meal.



RETHINK YOUR DRINK

Most people recognize soda as nothing more than liquid candy (a 20 oz bottle of soda has 56 g or 14 teaspoons of sugar). Sugar may be lurking in other beverages, too: Juice has 8 tsp/cup, lemonade has 7 tsp/cup, sports drinks have 4 tsp/cup, and sweet tea has 5+ tsp/cup, depending on how sweet you make it! You want drinks that have NO added sugar. Calorie-free water is best! Carbonated drinks (ie: soda, sparkling water) aren't recommended either. They might stretch out your anatomy over time.



Watch Out!

Alcohol is a double whammy.

It is high in calories:

125 cal/5 oz glass of wine

110 cal/12 oz light beer

100 cal/jigger (1.4 oz) of hard alcohol + the calories in the mixer

And it lowers your inhibitions, making it difficult to eat healthy!



Think Before You Drink

Liquid calories aren't hiding

- The Nutrition Facts tells you how many calories there are per serving. You also want to check the number of servings per bottle.
- For example, a bottle may say the serving size is 8 oz and contains 100 calories and the servings per container is 2.5. That means there is actually 250 calories in the whole bottle.
- You determine how many teaspoons of sugar (1 tsp=15 cal) are in a drink by dividing the grams of sugar on the label by 4 (ie: a drink with 40 g of sugar has 10 tsp of sugar).

On The Fence

Some drinks have nutritional value, even though they contain calories (ie: milk, protein shakes).

- Choosing 1% or skim milk provides protein and nutrients without extra fat and calories.
- Coffee and tea are calorie free – but what you put in it is not! Coffee creamers have 10-45 cal/Tbsp and sugar is 45 cal/Tbsp.
- However, if the liquid doesn't keep you full for the long haul, it's not the best choice!

Stay Hydrated

Drink (at least) 64 oz of fluid a day. Often we think we're hungry when we are actually thirsty. For variety, try:

- Water or other flavored waters (NOT sparkling)
- Mio, Crystal Light, Wyler's Light or Sugar free Kool-Aid
- Unsweetened tea, Herbal tea or Diet Green tea (NOT the sparkling version)
- Coffee or tea (use skim milk or artificial sweetener as desired)
 - Drinks with 'zero' in the name like Powerade Zero, Vitamin Water Zero, Sobe Zero, or Propel Zero
- Diet Snapple or Fuze Slenderize Low Carb