

Be Smart With Your Beverages



Your body's dependence on water is important to staying healthy and for weight loss. Staying hydrated is crucial to:

- Regulate body temperature
- Keep joints lubricated
- Deliver nutrients to cells
- Keep organs functioning properly (including your GI tract)
- Remove waste from the body



Adequate fluid intake is necessary to prevent dehydration. Signs of dehydration include:

- Tiredness
- Poor concentration and reduced memory
- Headaches
- Dizziness and light-headedness
- Heart palpitations
- Low blood pressure
- Dry skin, dry mouth, cracked lips, and decreased skin elasticity
- Dark colored urine and low urine output
- Constipation
- Urinary tract infections
- Kidney stones



Aim for at least 64 ounces or more of fluids that meet the following criteria:

1. Zero or Low Calorie
 - Water, water, water!
 - Avoid fruit juices, even those with “no sugar added” on the label
 - Look for beverages with less than 5 calories per serving
2. Non-Carbonated
 - Avoid carbonated beverages
 - Carbonation introduces gas into your stomach which can lead to discomfort; this includes all sodas, diet sodas, energy drinks, and sparkling water

3. Non-Caffeinated
 - Avoid caffeinated beverages
 - If introducing caffeinated beverages, avoid added sugars and high-fat ingredients
 - Keep away from specialty coffee beverages - they often contain 300 calories or more



Recommended Beverages:

- Water (plain or infused with fruit and/or herbs)
- Skim or 1% milk
- Unsweetened milk alternatives (almond, coconut, hemp, pea, soy)
- Unsweetened or sugar-free decaffeinated tea or coffee or herbal teas
- Beverages sweetened with non-nutritive sweeteners such as Crystal Light or Mio
- Sugar-free juice or sports drinks



The 30-30 Rule

- Take 30 minutes to slowly eat your meal - do not drink fluids with your meal
- Do not drink beverages 30 minutes after your meal
- This will prevent food from flushing through your stomach too quickly and feeling hungry soon after a meal
- Drinking with or right after meals can also cause stomach discomfort, nausea, and vomiting

Note on non-nutritive sweeteners:

- Also known as sugar substitutes
- May be natural or artificial
- Common non-nutritive sweeteners include:
 - » Aspartame (NutraSweet, Equal, Sugar Twin)
 - » Sucralose (Splenda)
 - » Saccharin (Sweet'n Low, Sugar Twin)
 - » Acesulfame potassium (Sunnet, Sweet One)
 - » Stevia
 - » Luo han guo (monk fruit extract)
 - » Neotame (Newtame)

While water is the best beverage choice, replacing sugary drinks like soda, sweet tea and fruit juice with beverages sweetened with non-nutritive sweeteners (plus making other diet and lifestyle changes) can help to decrease overall calories in your diet and improve blood sugar.

Helpful Tips for Staying Hydrated

- Sip beverages slowly throughout the day; avoid gulping
- Get in the habit of carrying a water bottle with you wherever you go
- Use an insulated water bottle if you prefer your water ice cold
- Avoid using straws - they introduce air/gas into the stomach and can cause bloating and discomfort
- Don't drink high calorie beverages - they don't contribute to fullness and should be avoided

Recipes



Fruit Infused Water:

Naturally flavored fruit infused water is not only easy to make, it's delicious and refreshing.

Ingredients:

- ½ cup fruit
(see combinations below)
- 1 ½ cups water
- ¼ cup ice

Combinations:

- Citrus: lemon, lime, orange, cucumber and 2 mint leaves*
- Strawberry Lemon: lemon, strawberry and 2 mint leaves*
- Berry: strawberry, blueberry, raspberry and 2 mint leaves*

**mint leaves are optional*

Directions:

1. Place fruit in the bottom of a 16 ounce mason jar.
2. Pour water in and stir fruit around.
3. Press on the fruit lightly with a spoon to release some of the flavors.
4. Add mint leaves if desired.
5. Refrigerate for at least one hour (can do overnight).
6. Add ice if desired just before serving.



Lemon Basil Green Tea

Ingredients:

- ½ lemon, thinly sliced
- 6 fresh basil leaves
- 2 decaffeinated green tea bags
- 3 cups hot water

Directions

1. Add lemon slices, fresh basil leaves and green tea bags to a 1 quart mason jar or pitcher.
2. Pour hot water into the mason jar and allow to steep for 15 minutes.
3. Remove the tea bags and place into the refrigerator to completely chill for 3-4 hours.
4. Use within 3 days.

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