Think before you drink

Empty calories often lurk in popular beverages

Health in The Villages

Limit yourself

These drinks are OK in limited consumption.

- 8-ounce (one serving = 1 cup = 8 ounces)
- 100-percent fruit juice (no more than two cups a day): While milk is higher in cholesterol and can add much nutritional value and no calories, no fat, no sugar and plenty of hydrating benefits.
- Low-fat milk (can be high in cholesterol and calcium and less nutritious than whole milk, which contains the extra calcium and protein). The number of tea teaspoons of sugar the average American woman consumes on a daily basis is 12. For men, the number is 10.

Avoid these

These drinks are especially dangerous to a person’s health.

- Liquid diet the elderly in sports drinks are not necessary and neither are the extra calories and sugar.
- Soda diet (no more than one a day): While there is no sugar or calories, the sugar substitutes are not safe by the FDA, there are also no nutritional value (no minerals, no vitamins, no fiber).
- Energy drinks: It’s a drug content that can cause heart problems, induce arrhythmia, interfere with certain heart and blood pressure medicines and increase blood pressure. The number of energy drinks consumed by the average American is about 150 calories.
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