



*Not sure where to begin?  
Worried about the time involved?  
Have a child that loves juice or soda?  
Don't like the taste of water?*

*Fret not, this guide will give you the tools you need for success!*

*You do not have to completely remove soda or juice from your diet. Just do not make them the drinks of choice.*

*Create your own healthy defaults through trial and error.*

*Don't like water because of the taste? Try adding in fresh fruit for flavor. Or try seltzer water to get soda-like bubbles.*



## *Lower your risk of diabetes by changing your options*

*Healthy defaults can be used to help lower your risk of health issues caused by drinking too many sugar-sweetened beverages. Healthy defaults are small steps or changes that can be used to make healthy choices easier.<sup>1,2</sup> Such as choosing water over soda. Or offering your child water, milk, or juice, before any sugar-sweetened beverages.*



### References:

1. Giesen, Geyskens, Havermans, 2013
2. Loewenstein, 2007
3. Jequier, Constant, 2009
4. Martinez, Morin, Gandy, et al., 2018
5. Park, Sherry, Otoole, Brener, Blanck, 2012
6. Popkin, D'anci, Rosenberg, 2010
7. Harvard Health Publishing, How much water should you drink?, 2016
8. UIC Dentistry, 4 ways drinking water improves your smile, 2017
9. An, McCaffrey, 2016

## *Cut the Sugar and Drink More Water: Reduce your risk of health issues by using healthy defaults*



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## How much water should I be drinking?<sup>4,5</sup>

- Less than 30% of teens and children drink at least 4 cups or 32 ounces of water a day.
- The average adult drinks 36 ounces or 4.5 cups of water per day
- Women should drink roughly 92 ounces or 11.5 cups of water (or water-like drinks) a day
- Men should drink at least 125 ounces or 16 cups of water (or water-like beverages) a day
- Water-like beverages are common drinks like low-fat milk, herbal teas, naturally flavored water, and limited amounts of unsweetened 100% fruit juice.
- Realistically, you should try to drink between half your weight in pounds and your full weight in ounces of water per day
  - For example, a 150lb man should aim for 75 to 150 ounces of water a day
- When out in the sun, exercising, or on a hotter day, you should try to drink more water than recommended

## Creativity is the spice of life<sup>1-9</sup>

- Carry a reusable bottle and refill it throughout the day
- Pro tip: Put a few rubber bands around your reusable bottle. Move them to the top or bottom of the bottle with each refill. This way you'll know how much water you have been drinking
- Introduce flavor to your water by adding cucumber, lemon or lime, ginger, cinnamon, berries, honey, mint, or herbal teas.
- Set an alarm or notification to make sure you drink water every hour
- Drink one cup of water before and after each meal
  - This may also help you feel fuller faster
- Every time you use the restroom, drink more water
- Drink 2 cups in the morning and 2 cups before bed
- For every non-water beverage, drink 2 cups of plain water
- Try drinking vegetable broths with low sodium as an alternative
- Avoid drinks containing added sugars. Instead choose drinks that are more natural. Or make your own. It can be fun trying all kinds of different combinations to find the drink that you like best.
- Kids can drink low-fat or fat-free milk, 100% juice, or water. These should be the first option before soda or juice cocktails.
- Don't forget dairy! You can drink 3 or more glasses of fat-free low-fat or milk-alternatives a day.
- You can still have your favorite beverage. A great goal would be to try drinking less of it. Select smaller containers or serving sizes when available and remember to drink enough water to make up for it!



## What's the deal with water?<sup>3,4,7,8</sup>

Water is used by the body to

- maintain body temperature
  - Carry oxygen
  - Flush bacteria from bladder
  - Prevent constipation
  - Protect organs and tissues
  - Normalize blood pressure
  - lubricate joints
  - Act as a shock absorber
- to name a few things that it does.



## The problems with Sugar-Sweetened Beverages<sup>3,4,7,8,9</sup>

Sugar-Sweetened Beverages are the largest source of added sugar in our diets. They can cause obesity, cavities, type 2 diabetes, poor mental health, and many other health issues.

Drinking water, even fruit-flavored water, can reduce your risk of the above problems.

People that drink 1 to 2 sugary drinks a day are almost 30% more likely to develop type 2 diabetes.

People that increased their water drinking by 1 to 3 cups per day, ate up to 250 calories and 18 grams of sugar less, and reduced their cholesterol by up to 21 points.