

# Drinking

**1. Drink more water.** You can easily reduce your daily calorie intake by replacing soda, alcohol, or coffee with water. Thirst can also be confused with hunger, so by drinking water, you may avoid consuming extra calories, plus it will help you break down food more easily. Water is essential for most body functions. Lack of water can lead to dehydration causing tiredness, low energy, & headaches. It is also common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices. Consume 10 - 8 glasses of water daily. Just a small drop in hydration, as little as %2-1, can significantly affect the body's ability to perform. Ensure that you drink sufficient water throughout the day & consume additional amounts during & after strenuous exercise.

**3. Drinking soda can lead to bone loss due to the fact that the phosphoric acid in the soda causes calcium in your bloodstream to be excreted more quickly than normal through urine.** Replacing sodas with healthier drinks such as fresh juices, low fat milk shakes, green tea & water is a wise decision.

**4. Avoid sugar loaded drinks.** Extra calories in sugar loaded drinks may lead to obesity, diabetes, heart disease & some cancers.

**5. Our bodies are about %75 water. It is a vital part of a healthy diet.** Water helps flush our systems, especially the kidneys & bladder, of waste products & toxins. A majority of Americans go through life dehydrated.

**6. Switching to diet soda isn't the answer.** Studies suggest that it triggers sugar cravings & contributes to weight gain. Instead, try switching to water with lemon, unsweetened iced tea, or carbonated water with a splash of juice.

**7. Cut back on caffeine.** High caffeine consumption interferes with hormone levels & also increases the loss of calcium. Try to limit caffeine consumption to one cup a day. A high intake of caffeine can lead to a fast heart rate, anxiety, dehydration & osteoporosis. Limit your caffeine intake to 3 - 2 cups per day.

**8. Fruit Juice.** There's nothing wrong with enjoying a glass of juice every now & again. But remember that the calories quickly add up, without doing much to make you feel full. Also make sure that your drink of choice is made from %100 fruit juice & contains no added sugar.

