

Consumer and Family Sciences

Department of Foods and Nutrition



Nutrition Fact Sheet

Thirsty? Sip on This

Fluid facts

Water makes up 50 percent to 70 percent of body weight and performs many important functions.

- Water is the most abundant substance in the human body. Your body needs a continuous supply of water to keep it functioning normally.
- Water controls body temperature, keeps skin moist, and is involved with the transportation of oxygen and essential nutrients to cells.
- Fluids come from the beverages we consume and the foods we eat. Beverages supply a great deal of our water needs, but solid foods provide a surprising amount.



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*The author of this publication is **Brooks Pritchett**.*

Reviewers were:

Amy Mobley, PhD,
RD, Purdue clinical
assistant professor in
foods and nutrition

Laura Palmer, MS,
RD, Purdue Extension
specialist in foods and
nutrition

Annette Parish,
MS, CFCS, Purdue
Extension educator in
Delaware County

Mark Kantor,
PhD, University of
Maryland associate
professor and
Extension specialist

Rethink your drink! Making smart choices

Knowing your beverage basics can help you make smart choices when satisfying your thirst.

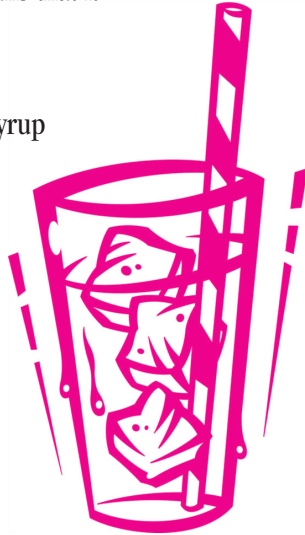
- Watch the sugar! Drinking a lot of high-sugar beverages can fill you up and take the place of more nutritious foods. These drinks can also be high in calories, causing weight gain.
> Tip: Replace regular soft drinks with water or low-fat milk.
- Monitoring your intake? Choose lower-calorie versions of your favorite beverages and mind how much you drink.
> Tip: Choose low-fat or skim milk, add ice to your drink, or dilute your favorite juice with calorie-free club soda or seltzer water.

- Stay hydrated throughout the day, especially during hot weather.
> Tip: Have a beverage with every meal and choose beverages you like to drink. Keep a bottle of water close by or save money by using a water fountain.
- Think nutrition. Choose beverages that provide hard-to-get nutrients. Read nutrition labels and ingredient lists to see what your favorite drinks actually contain.
> Tip: Instead of sugary soft drinks, sip on orange juice fortified with calcium and vitamin D.

Sugars in disguise

Sugars go by many names on nutrition labels. If you see any of these words on a beverage's ingredient list, it means that it contains sugar.

Sugar
High fructose corn syrup
Glucose
Fructose
Lactose
Maltose
Dextrose
Table sugar
Corn sweeteners
Honey
Molasses
Syrup
Raw sugar
Fruit juice concentrate



The buzz on booze

Individuals who should not drink alcohol include pregnant and lactating women, children and adolescents, those with certain medical conditions, and people who are operating machinery.

If you drink alcohol, do so in moderation. Alcoholic beverages can be high in calories and provide few nutrients.

- Men — limit to two or fewer drinks per day
- Women — limit to one drink or less per day

So what counts as a drink?

- 12 ounces of beer
- 5 ounces of wine
- 1.5 ounces of hard liquor (such as gin, rum, vodka, or whiskey)

Drinks worth sipping on

So what are your best bets when it comes to choosing beverages?

- Water (any type such as bottled, tap, sparkling, or flavored)
- Low-fat or nonfat/skim milk
- 100 percent fruit or vegetable juice
- Unsweetened teas
- Low-calorie and reduced-sugar beverages
- Low-fat/low-sugar smoothies

Fluids play a large role in helping our bodies function at their best. That's why it's so important to make smart beverage choices to ensure we get the water we need to stay healthy. So sip up!

References and resources

American Dietetic Association: www.eatright.org

Dietary Guidelines for Americans: www.healthierus.gov/dietaryguidelines

Institute of Medicine: www.iom.edu

National Dairy Council: www.nationaldairycouncil.org