

Rethink Your Drink

Common Drinks Sugar Content- 20 oz

Soda:

60g sugar

Gatorade:

33g sugar

Monster:

81g sugar

Vitamin Water:

27g sugar

Orange Juice:

46g sugar

TruMoo Chocolate:

41g sugar (14oz)

Starbucks

Frappuccino

28g sugar (13.7oz)

Naked Drink:

53g sugar (15.2 oz)

Alcoholic Drinks Sugar Content

Margarita: 39g (8oz) **Pina Colada:** 32g (5oz) **Sangria:** 16g (8 oz)

Cosmo: 24g (3oz) **Long Island:** 33 g (8oz) **Moscow Mule:** 13g (6oz)

The Alternatives

Option One: Infused Water-Add cucumber, mint, lime, berries, lemon, kiwi, orange, pineapple, apple, or celery

Option Two: Carbonated water with added ingredients from above or diluted with a splash of 100 % fruit juice

Option Three: Unsweetened coffee or tea with unsweetened almond/coconut milk, cinnamon, and stevia to taste

Alcoholic Options: *Spirits with soda water, lime, and bitters *Dry Wine or Champagne, *Dirty Martini

*Low carb beer (Miller Lite, Corona Premier, Bud Light, Michelob Ultra, Lagunitas Daytime) *A cocktail but hold the simple syrup and agave!

Better Drink Brands:

Humm Kombucha, Hint Water, Spindrift, Bai, Honest Fizz, Suja, Naked Coconut Water, Kevita, Bubbly, Zevia, Ultima Electrolyte Powder

Headed out for happy hour? Prepare the right way!

Food: Drinking on an empty stomach does not prepare us well for a night out. This will cause our blood sugar to drop and hunger hormones to rage. Before an outing, try to include a snack or meal full of protein, fiber, and healthy fats. This will help balance blood sugar levels and slow the absorption of alcohol. **Example:** Chicken, avocado, cauliflower rice

Water + Electrolytes: Drinking alcohol will dehydrate us. As a rule of thumb, you should be getting 1/2 of your body weight in oz of water a day. If you are drinking alcohol, you need more. Adding a water in between drinks is a good strategy to follow. Adding Himalayan or sea salt to your water is a cheap and effective way to get lost electrolytes too!

