

## Rethink Your Drink

### 1. Soft Drinks:

- a. Sweetened with sugar or corn syrup.
- b. Artificially sweetened.

### 2. Juice:

- a. Natural juices.
- b. Sweetened juices.

### 3. Blended Food Drinks / Smoothies

### 4. Caffeine:

- a. Good, bad, or both?
- b. Problems with caffeine studies.
- c. Caffeine and diseases: dementia, Parkinsonism, osteoporosis, GERD, ulcers, cancer, and diabetes.

### 5. Caffeinated Drinks:

- a. Consider amount of sugar, fat, and caffeine:
  - i. Black tea - 47 mg caffeine
  - ii. Green tea - 30 mg +
  - iii. Coffee - 95 mg
  - iv. Hot chocolate - 5 mg
  - v. Soft drinks 22-30 mg
  - vi. Energy shots - 200mg +

### 6. Milks:

- a. Animal milks
- b. Soy milk
- c. Nut milk
- d. Coconut milk
- e. Oat milk

### 7. Alcohol:

- a. Benefits and harms.

### 8. Water:

- a. Amounts, types, and temperature.
- b. Adulterated waters (vitamins, flavored, and carbonated).
- c. "Plain" waters: tap, bottled, filtered, spring, and well water.

**IMPORTANT NOTE:** This information in this document is provided for your education and enrichment and should not be used for diagnosing and treating a health problem or issue. It should not be relied upon for personal diagnosis, treatment, or any other medical purpose. This list does not constitute an endorsement of the information contained in the resources. If you believe that a particular diagnosis or therapy applies to your situation, please contact your doctor or healthcare provider to discuss it further.