

Re-Think Your Drink FAQ's

Osteoporosis

Q: What is Osteoporosis?

A: Osteoporosis is a disease that weakens the bones and they become thin and brittle. It can be caused by not enough calcium and vitamin D in the diet.

You can decrease your risk of developing osteoporosis by ensuring that you are getting enough calcium and Vitamin D in your diet every day, and daily weight-bearing exercise.

Q: How much milk should I drink in a day?

A: Children (age 4-9 yrs) need 2-3 servings of milk products per day.

Youth (age 10-16 yrs) need 3-4 servings of milk products per day.

Adults need 2-4 servings of milk products per day.

Examples of 1 serving = 1 cup milk, $\frac{3}{4}$ cup yogurt, 50 g cheese (2 slices of processed cheese or a block 3"x1"x1").

Calcium Dietary Recommended Intake In Milligrams:

9-18 yrs - 1300mg Ca /day

19-50 yrs - 1000mg Ca/day

50+ yrs – 1200 mg Ca/day

(1 serving of milk products typically has 300mg of Ca)

Q: Where else can I get calcium and Vitamin D?

A: Calcium fortified beverages (soy milk, rice milk, orange juice: read the label to make sure these products have added calcium), canned salmon with bones, tofu made with calcium or set in calcium salts, pudding or soup made with milk, cottage cheese, ice cream, almonds, baked beans)

Non-dairy options for vitamin D include margarine, eggs, salmon, and sardines.

Caffeine

Q: How much caffeine can I have in a day?

A: There is not a documented level of safe caffeine intake for children and adolescents. The general rule is...the less, the better. Health Canada recommends a maximum of 85 mg caffeine per day for children 10 – 12 years old; a maximum of 400 – 450 mg caffeine per day for adults and a maximum of 300 mg per day for pregnant or breastfeeding women. The effect of caffeine in a can of cola in a child is equal to 4 cups of coffee in an adult.

Q: Where is caffeine found?

A: Cola-type pop such as (Coke, Pepsi, Barq's Root Beer, Jolt, Dr.Pepper, as well as the Diet versions of these). You may also find it in non-cola pop beverages such as Mountain Dew (clear beverages in Canada do not contain caffeine). Caffeine is also found in coffee, tea, ice tea, chocolate, hot chocolate, coffee based drinks such as iced and slushy coffee, cappuccinos, mochaccinos, lattes, etc.

Q. What about caffeine in Red Bull?

A: Red Bull is an energy drink that contains sugar, caffeine, a few B vitamins and an amino acid called taurine. Overall Red Bull is an expensive way to get caffeine, sugar and a few vitamins. The caffeine level in one can of Red Bull (approximately 80 mg) is similar to that found in a can of cola-type pop or one cup of coffee. Looking for a quick way to provide energy and improve concentration? Reach for a bottle of water and a healthy snack instead!

Q: How can I energize without caffeine?

A: Instead of reaching for a pop, try these in order to give yourself a boost of energy:

- Get a good nights sleep! If you become tired during the day, try taking a short nap.
- Exercise! If you only have a few minutes, a short 10 minute brisk walk will wake you up.
- Eat regular balanced meals. Try to include at least 3 out of the 4 food groups in your meals. This will sustain you and prevent highs and lows in blood sugar levels which could leave you feeling tired and hungry.
- Choose water as your number one beverage choice.

Stop the Pop

Q: How much natural sugar is in milk? 100% fruit juice?

A: There are 8 tsp of naturally occurring sugar in 20 oz of plain milk (3.2 tsp/1cup). There are 18 tsp of naturally occurring sugar in 20 oz of 100% fruit juice (7.2 tsp/1cup).

Q: Is natural sugar better for you than added sugar?

A: No, all sugar is the same to your body. BUT, the drinks with only natural sugar such as 100% fruit juice or milk also contain many other nutrients. For example, fruit juice will have vitamins and antioxidants, milk will have calcium and vitamin D.

Q. How much added sugar is too much?

A: Sugar, including added sugar, can be part of an overall healthy eating pattern if eaten in balance and moderation over time. The problem is that foods with added sugar, including high sugar beverages, are easily consumed in excess and often replace more healthy foods. Choose milk, water and 100% juice as beverages of choice.

Q: How do I know if my fruit drink is 100% juice?

A: The juice must be labeled as 100% fruit juice. Other beverages called fruit drink, fruit punch, fruit cocktail, or powdered juices are not 100% fruit juice.

Q: Is drinking 100% fruit juice just as good as eating fruit?

A: No, your best choice would still be fresh or frozen fruit. Whole fruit will give you added nutrients and fiber. But, 100% fruit juice is still a better option than pop!

Q: Is there a limit to how much fruit juice should be consumed in one day?

A: Fruit juice can provide an excellent source of Vitamin C as well as other vitamins and minerals. The problem is that many children and adults consume a large amount of juice on a regular basis, which can limit consumption of other healthy beverages and foods. Aim towards limiting juice intake to 125ml (1/2 cup) per day.

Cavities

Q: If I can't brush after eating or drinking what else can I do to protect my teeth?

A: Rinsing your mouth out with water will remove some food particles and wash away some of the sugar and acid left over from food and drinks.

Chewing on a stick of sugar-free gum will help to clean your teeth by increasing saliva flow which naturally cleans your mouth and teeth.

Eating a piece of cheese will protect your teeth and give them a boost of calcium.

What changes can be made

Q: What can be done in the home to encourage healthier beverage choices?

A: The home is where many beverage choices are made. Make your home a place where the healthy beverage choice is the easy choice.

- Become aware of how much “added sugar” is in the beverages you commonly have available in your home
- Stock your fridge with water and milk
- Show by example. Model consumption of healthy beverage choices for your family

Q: My child buys at least one can of pop at school each day. I'd like this changed but what can I do?

A: The school environment is very important for teaching and modeling healthy choices, including healthy beverage choices. It is very important that beverages offered in schools support the message that water, milk and 100% juice are the healthiest beverage options.

- Become an advocate for change in schools where high sugar beverages are sold
- Talk with other parents and teachers. Help them become aware of health issues related to consumption of high sugar beverages
- Find out who else in the school community is interested in change. Work together to assist the school in developing a healthy beverage policy and school environment
- For a great resource tool check out the School Nutrition Handbook: Feeding the Future at www.calgaryhealthregion.ca/nutrition

Q: Where can I get answers to additional nutrition questions?

A: Contact the Calgary Health Link at 943-LINK (5465) and ask to speak to a Registered Dietitian.

