



## ***Beverages: The Good, Bad & Ugly***

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## Recommended Beverages Don't Drink Your Calories!

Type of Drink	What's the real story	How Many Drinks Per Day you have consumed
<b>Water/Club Soda</b>	Try to drink at least 64 ounces of water per day. Consume enough so that you are peeing 1x/hour and that the color is clear yellow, not florescent in nature.	
<b>Water w/ Fruit or Veggie slices</b>	Channel your inner European and spice up a pitcher of water with cucumber slices, slices of watermelon, raspberries or any fruit you like. The water takes on the flavor of the item added and you feel as tho you are drinking a fruity concoction only you are saving yourself tons of empty calories.	
<b>Coffee</b>	Caffeine is a natural fat burner, to a small degree. Although drinking too much will dehydrate you and slow training progression, stick to consuming just 1 small cup/day if necessary.	
<b>Coconut Water</b>	Low in calories and sugar. It is a great source of vitamins& antioxidants when trying to maintain weight and is a great way to "switch it up" when water just won't do it.	
<b>Tea</b>	Unsweetened green tea is a very good source of antioxidants. Iced green tea is a powerful way to stay hydrated and curb cravings. Do not buy the pre-made green teas by Snapple or other brands. Boil water and stick the tea bag in there for maximum effect.	

**Recommended Beverages To Avoid**  
**Don't Drink Your Calories!**

<b>Type of Drink</b>	<b>What's the real story</b>	<b>How Many Drinks Per Day you have consumed</b>
<b>Diet Soda</b>	This nasty man-made drink is made up of chemicals that your body detects and responds to in the same fashion as real sugar. Therefore, your insulin levels still spike in a dangerous way and the fat storage begins. Don't let the "0 calories", "0 fat" on the label fool you.	
<b>Juice</b>	Sugar!!! Eat the real thing and gain valuable fiber and nutrients while saving you tons of calories/sugar and gain valuable fiber and nutrients. OR cut and squeeze slices of the same fruit into a cold cup of water to get the same effect.	
<b>Gatorade/Vitamin Water or Energy Drinks</b>	Laden with HEAPS of sugar. A typical Gatorade bottle contains the same amount of sugar as a regular coke. A REGULAR COKE (repeated for emphasis.)	
<b>Frozen Blended Coffee Drinks</b>	Frappachino, Mochachino, whatever-a-chino. Again these are mostly nutrient deficient, sugar packed, empty calorie beverages. Stick to skim or soy lattés or plain iced or flavored coffee.	
<b>Alcoholic Beverages</b>	Usually the alcohol itself is not a problem, it's the juice mixer that is hiding all of the calories. Sugar laden sweet drinks make you more thirsty, which makes you drink more which leads to "drunk hunger" followed by the "next day" binge a-thon! Stick to clear alcohol with a club soda mixture if you are going to drink. Don't forget to drink a glass of water or club soda in between each drink.	