

Do you have a drinking problem?

Water vrs Coke
WATER

75% of all American are chronically dehydrated.
And yet,

Most spend more on their cable bill than their monthly water bill.

37% of Americans thirst mechanism is so weak
that it is often mistaken for hunger.
Even mild dehydration will slow down one's metabolism 3%

One glass of water will shut down midnight hunger -
it did for 100% of the dieters studied at the University of Washington.

Lack of water is the #1 trigger of daytime fatigue.
Preliminary research indicates that 8-10 glasses of water a day could
significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory,
Trouble with basic math,
And difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%
Plus it can slash the risk of breast cancer by an amazing 79%
And on is 50% less likely to develop bladder cancer.

Are you drinking what you should?



Think Your Drink

When it comes to Nutrition, not all drinks are created equal! Which drink gives you the most nutrition for your buck? AND, don't forget that your body loves WATER!!!

Fat Free Milk	Fat Free Chocolate Milk	Cola
Calories (% Daily Value)		
90	150	150
Total Fat		
0%	0%	0%
Total Carbohydrates		
4%	10% (6 t sugar)	14% (10 t sugar)
Protein		
17%	17%	0%
Vitamin A		
10%	10%	0%
Vitamin C		
4%	4%	0%
Vitamin D		
25%	25%	0%
Calcium		
30%	30%	0%
Serving Size		
1 Cup	1 Cup	12 oz can
Fruit Punch	100% Orange Juice	Diet Cola
Calories (% Daily Value)		
120	110	0
Total Fat		
0%	0%	0%
Total Carbohydrates		
9% (6 t sugar)	9%	0%
Protein		
0%	0%	0%
Vitamin A		
0%	0%	0%
Vitamin C		
100% (fortified)	120%	0%
Vitamin D		
0%	0%	0%
Calcium		
0%	2%	0%
Serving Size		
8.5 oz box	1 cup	12 oz can