

# Beverage Choices for Weight Management Assignment

## ANSWER KEY

### Part One Directions:

Fill in the calories and grams per serving for added sugar, carbohydrate, total fat, and protein using the [Think Your Drink Beverage Cards](#).

Beverage	Serving Size	Calories	Total Fat Grams	Total Carb Grams	Added Sugar Grams	Protein Grams
Fat Free Milk	8 oz	80	0 g	12 g	0 g	8 g
1% Milk	8 oz	100	2.5 g	12g	0 g	8 g
2% Milk	8 oz	125	5 g	12 g	0 g	8 g
Fat-Free Chocolate Milk	8 oz	130	0 g	24 g	12 g	8 g
Almond Beverage Original	8 oz	60	2.5 g	9 g	7 g	1 g
Almond Beverage Vanilla	8 oz	85	2.5 g	25 g	13 g	1 g
Fortified Orange Juice	6 oz	85	0 g	20 g	0 g	1 g
Energy Drink	8.4 oz	110	0 g	28 g	27 g	0 g
Sports Drink	12 oz	90	0 g	22 g	21 g	0 g
Cola	12 oz	155	0 g	39 g	39 g	0 g

## Part Two Directions:

Review the nutrient composition of each beverage and answer the following questions.

### 1. How does nutrient composition impact the total calories?

Calories are impacted by fat, protein, and carbohydrate. Carbohydrates include added sugars.

Fat = 9 calories per gram

Protein = 4 calories per gram

Carbohydrate = 4 calories per gram.

When fat, protein, and carbohydrate grams are low, the calories are low.

### 2. Which beverages from the chart would be good choices for someone who is interested in reducing the amount of calories consumed in a day?

The best choices would be Fat-Free milk, 1% milk, and 2% milk.

Why?

Just because a beverage is low in calories does not mean it is an optimal choice for weight management when looking to reduce caloric intake. Protein, fat, and carbohydrate, including added sugar, all have an impact on weight.

Carbohydrates, like added sugar, alone are digested quickly by our bodies which allow us to become hungry shortly after consumption. When protein and fat are added to the mix, it takes our bodies longer to digest which in turn keeps us feeling full longer. Feeling full longer can help reduce the amount of calories that we consume each day. By choosing beverages that provide numerous nutrients, we are providing our bodies with fuel that will help us function our best.

Fat-free milk is low in calories and is a good source of protein. Although almond beverage original has fewer calories, it has much less protein which can lead to feeling hungry quicker which may result in consuming more calories. In this scenario you would miss out on nutrition from protein and may end up intaking more calories anyhow.

Source for this answer and additional information on the nutrient composition of calories can be found in this article:

#### [6 Reasons Why a Calorie Is Not a Calorie](#)

Consuming food and beverages with more protein is a strategy for managing weight.

1% and 2% milk are also good choices because, similar to protein, foods that contain fat can satisfy hunger and make you feel full longer. This means that you may be less likely to eat/drink something else because you do not feel hungry.

### Part Three Directions:

Read the scenario below and complete the chart using the information from Part One. Next, answer the question according to the chart.

Elena drinks cola every day with her lunch during the 1st semester (a total of 80 days). During the 2nd semester, Elena decides to drink fat-free chocolate milk every day with her lunch (total of 80 days). Assume nothing else changes about her diet and physical activity habits when answering the following question.

The Nutrients Consumed	1 <sup>st</sup> Semester (Cola for 80 days)	2 <sup>nd</sup> Semester (Fat-Free Chocolate Milk for 80 days)
Total Calories Consumed	12,400	10,400
Total Fat Grams	0 g	0 g
Total Carbohydrate Grams	3120 g	1920 g
Total Added Sugar Grams	3120 g	960 g
Total Protein Grams	0 g	640 g

### Question:

What do you think might be potential health benefits for Elena by switching from cola to fat-free chocolate milk?

1. She consumes 2000 less calories in the 2nd semester than in the 1st semester. This is a potential health benefit for someone interested in reducing weight because a reduction of calories by 3500 equals a loss of 1 pound of fat. So, she eliminates gaining 1 lb. in a semester from making that one switch. Elena can reduce her caloric intake by 4,000 calories by switching from cola to fat-free chocolate milk which would equal over 1 pound of fat loss over two semesters.
2. She consumes 1200 less grams of carbohydrate. She reduces her sugar consumption by approximately 2.6 pounds in the 2nd semester. This is a health benefit as added sugar increases the calories of a food item but does not add any additional nutrients the body needs to function. Too much added sugar can lead to weight gain from added calories and increase the risk for heart disease as well as type II diabetes.
3. Elena provides her body with an additional 640 grams of protein by making the switch to fat-free chocolate milk.

For additional information on why added sugar has negative health consequences, see the following sources:

[11 Reasons Why Too Much Sugar Is Bad for You](#)

[American Heart Association Cut Out Added Sugars - Infographic](#)