

Beverage Choices for Weight Management

LESSON OBJECTIVES

Students will be able to describe what factors contribute to weight management.
Students will be able to analyze calorie and nutrient composition of beverages to determine the best choices for weight management.

Weight management is necessary for optimal health

Maintaining a healthy weight is vital to reducing risk for chronic diseases.

- Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention, and/or limit activities of daily living. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States.
- Poor nutrition habits are a major contributing risk factor to weight gain and developing obesity. In the United States, 19% of people aged 2 to 19 years and 40% of adults are obese, which can put them at risk for heart disease, type 2 diabetes, and some cancers.

Source: <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>

The basics of weight management

**If your
calories are:**

The impact of calories on weight

in balance

You are eating roughly the same number of calories that your body is using. your weight will **remain the same**.

in excess

You are eating more calories than your body is using. You will store these extra calories as fat and you will **gain weight**.

in a deficit

You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your **weight will decrease**.



In balance

How can you determine if you are in caloric balance?

Step One:

Identify approximately how many calories you need each day based upon your physical activity level.

Step Two:

Once you identify your caloric needs, you can then compare your intake with your output. This requires reading Nutrition Facts labels and understanding how to analyze the nutrient composition of foods and beverages.

Step one:

DETERMINE CALORIC NEEDS

Go to the MyPlate Plan Website.

This plan will show you what and how much to eat within your calorie allowance.

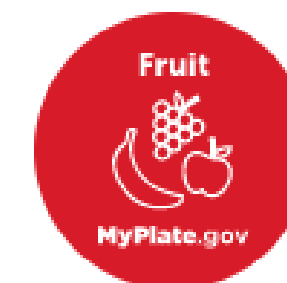
Note: This plan is designed around maintaining your current weight.

Your MyPlate Plan: 2000 Calories, Age 14+

Below are the daily recommended amounts for each food group.
Click on the food group buttons to learn more and get started.

Talk with your health care provider about an eating pattern and physical activity program that is right for you.

[Back to MyPlate Plan](#)

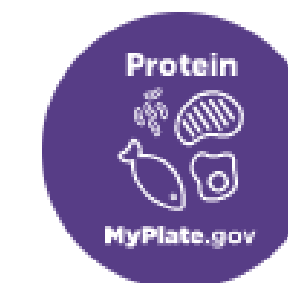


2 cups

1 cup from the Fruit Group counts as:

- 1 cup raw, frozen, or cooked/canned fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

[Read more](#)



5½ ounces

1 ounce from the Protein Foods Group counts as:

- 1 ounce seafood, lean meat, or poultry; or
- 1 egg; or
- 1 Tbsp peanut butter; or
- ¼ cup cooked beans, peas, or lentils; or

[Read more](#)

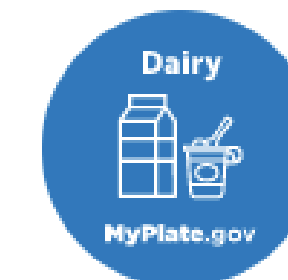


2½ cups

1 cup from the Vegetable Group counts as:

- 1 cup raw or cooked/canned vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

[Read more](#)

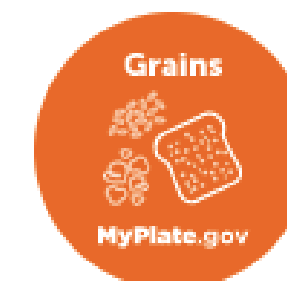


3 cups

1 cup from the Dairy Group counts as:

- 1 cup dairy milk or yogurt; or
- 1 cup lactose-free dairy milk or yogurt; or
- 1 cup fortified soy milk or yogurt; or
- 1½ ounces hard cheese

[Read more](#)



6 ounces

1 ounce from the Grains Group counts as:

- 1 slice bread; or
- 1 ounce ready-to-eat cereal; or
- ½ cup cooked rice, pasta, or cereal

[Read more](#)

Step two:

READING THE NUTRITION FACTS LABELS

Before you track your calories and determine if you are making the best food and beverage choices for weight management, you need to understand what to look for.

There are several key factors in a food or beverage's nutrient composition that impact weight management.

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts	
1 serving per container	
Serving size	8 oz
Amount per serving	
Calories	150
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 3.2mcg	16%
Calcium 300mg	23%
Iron 0mg	0%
Potassium 400mg	9%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



BEVERAGE CHOICES FOR WEIGHT MANAGEMENT ASSIGNMENT

Objectives:

- To understand what to look for in food and beverages to make healthy choices for weight management.
- To analyze calories and nutrient composition of beverages to determine the best choices for weight management.

To do:

Complete the Beverage Choices for Weight Management Assignment

Beverage Choices for Weight Management

Beverage	Serving Size	Calories	Calories per oz	Total Fat Grams	Total Carb Grams	Added Sugar Grams	Protein Grams
Fat-Free Milk	8 oz	80	10	0 g	12 g	0 g	8 g
1% Milk	8 oz	100	12.5	2.5 g	12 g	0 g	8 g
2% Milk	8 oz	125	15.6	5 g	12 g	0 g	8 g
Fat-Free Chocolate Milk	8 oz	130	16.25	0 g	24 g	12 g	8 g
Almond Beverage Original	8 oz	60	7.5	2.5 g	9 g	7 g	1 g
Almond Beverage Vanilla	8 oz	85	10.63	2.5 g	15 g	13 g	1 g
Fortified Orange Juice	6 oz	85	14.17	0 g	20 g	0 g	1 g

Nutrient composition and total calories

HOW DOES NUTRIENT CONTENT IMPACT THE TOTAL CALORIES?

Calories are impacted by fat, protein, and carbohydrate.

Carbohydrates include added sugar.

- Fat = 9 calories per gram
- Protein = 4 calories per gram
- Carbohydrate = 4 calories per gram

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

Beverage Choices for Weight Management

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? »

Nutrition Facts	
1 serving per container	
Serving size	8 oz
Amount per serving	
Calories	80
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.9mcg	15%
Calcium 300mg	23%
Iron 0mg	0%
Potassium 400mg	9%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS:

Fat Free Milk, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF
ADDED SUGAR

0
ZERO



Beverage Choices for Weight Management

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.

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

ANALYZING BEVERAGE CONSUMPTION

Health Benefit 1:

She consumes 2,000 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 3,500 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.

Health Benefit 2:

She consumes 1,200 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.

The Nutrients Consumed	1 st Semester (Cola for 80 days)	2 nd 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

Health Benefit 3:

Elena provides her body with an additional 640 grams of protein by making the switch to fat-free chocolate milk.

ASSESSING THE LESSON OBJECTIVE

Describe what factors contribute to weight management.

Explain what you would look for on a Nutrition Facts Label to determine if it is a good choice for weight management.

Conclusion

- The key to achieving and maintaining a healthy weight is to live a lifestyle that includes healthy eating, regular physical activity, and balancing the calories you consume with the calories your body uses.
- Understanding the nutrient composition of the foods and beverages you consume will help you manage your weight and decrease the risk of chronic disease to improve your quality of life.