

# MYTHS AND FACTS ABOUT WHAT YOU DRINK



**MYTH:** *Diet soda is healthier than regular soda because one can of regular soda contains about 135 calories.*

**FACT:** A can of diet soda contains less than 10 calories; some even contain zero calories. Though diet soda contains fewer calories, it is rather difficult to say that diet soda is “healthier” because there is nothing healthy about artificially colored and flavored water.

**MYTH:** *It is less fattening to drink juice than milk.*

**FACT:** Perhaps surprisingly, a glass of juice contains more calories than a glass of 1% milk. Even 2% milk has only 10 calories more than a glass of fruit juice, which has 120 calories! While juice contains mostly sugar (and some vitamins), milk has more nutrients such as protein, calcium, potassium, and vitamin D.

**MYTH:** *All bottled waters such as sparkling water, tonic water, flavored water, and mineral water are water.*

**FACT:** Yes, plain bottled water is water and is calorie-free. Some flavored waters are made with water and real juice, though many flavored waters contain artificial sweeteners and little juice. Tonic water, for instance, has 125 calories per serving. Always read the label and check the ingredient list. If you drink bottled water instead of tap water regularly, make sure it contains fluoride.

**MYTH:** *Drinking wine instead of beer won't make a beer-belly.*

**FACT:** It is common misconception that wine contains fewer calories than beer. It is simply not true. One glass of wine (5 ounces) contains about 130 calories whereas one bottle of beer (12 ounces) has about 150 calories. Therefore, wine contains more calories on a per-ounce basis. As a general rule, the sweeter the wine, the more sugar and calories it contains. Similarly, for hard liquor, the higher the proof, the higher the calories. Calories from alcohol are stored as fat in the abdomen. So, if you drink alcohol on a regular basis (regardless of what kind), watch out for the beer-belly!

**MYTH:** *Cutting back on coffee will cut but back on caffeine.*

**FACT:** Coffee is the main source of caffeine, true, but most people don't consider that caffeine is often in tea and canned drinks (including energy drinks). Generally there is no harm to your health from moderate amounts of coffee. People with high blood pressure and pregnant women should speak with their doctors about limiting caffeine consumption.



**The Wellness Coalition**  
thewellnesscoalition.org

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