

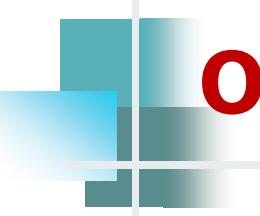


The Ultimate Destination for  
Blood Sugar & Diabetes Coaching



# How to Break Free of Soda & other Sugar Laden Beverages





# Overview of Recommendations:

- Eliminate regular soda (i.e. with sugar)
- Eliminate diet soda (or any other diet drinks containing Splenda or Aspartame)
- Substitute water or tea as main beverages
- Do not drink more than 3 servings of tea per day
- Avoid Fruit Juices or bottled water with fruit juice as an ingredient (water that you flavor with fruit slices is OK)

# What is the best choice for hydration?



- Drinking water as your main source of liquid is conducive to a healthy lifestyle because your body is largely made up of water and it is necessary for healthy body functions.
- While it's true that for most people plain water is the best thing to drink to stay hydrated, there are plenty of alternative beverage options if you don't like the taste of plain water or want some variety.
- You can also get water into your system from food sources, such as soup, fruits and vegetables that contain a high percentage of water.
- In this handout we will review a number of different options for staying hydrated.

# What if you don't like water?

- If you don't like the taste of plain water or want variety try one of the following:
  - flavored water
  - Flavored seltzer/ sparkling water, especially helpful for anyone cutting back or eliminating soda
  - Tea (hot or cold)
- In the following slides I will provide you with ideas for each of the options above.



# Flavored Water

- Commercial flavored waters have been popping up all over the place, but many still contain sugar or artificial sweeteners.
- A healthier choice is using natural flavorings. Two of the easiest ways to flavor water (and drink more of it), include:
  - Adding natural flavorings from a source, such as flavor drops, that have no added sugar or other ingredients such as sodium
  - Infusing water with fruits or vegetables



# Where Do You find Flavor Drops?

- If you want to add a touch of sweetness AND flavor to your water, SweetLeaf's Liquid Stevia Sweet Drops™ and their new product Liquid Stevia Water Drops™ flavor water, and more with just a few zero-calorie, zero-carb drops. You can find these drops in health food stores, vitamin shops, Whole Foods, or you can buy them on-line.
- How you flavor your water is pretty much only limited by your imagination. Sweet Leaf has a variety of Sweet Drops flavors that taste great in water such as Valencia Orange, Lemon Drop, Apricot Nectar, Berry, Coconut, Grape, and Watermelon. The Water Drop flavors include, Lemon Lime, Raspberry Lemonade, Peach Mango and Strawberry Kiwi
- I am among those that don't like the taste of water, especially early in the day, and so I add a few drops of Lemon Drop Liquid Stevia Sweet Drops to some of the water I drink. I try to mix it up throughout the day, some plain water, and some flavored. The benefit of flavored Stevia, is that one or two drops gives just a hint of sweet and does not affect blood sugar or prompt cravings.

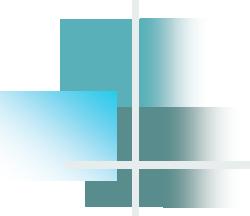


# Flavor Infused Water

- The easiest way to make flavored water by infusing it with the tastes from fruits and/or vegetables, is to add slices of your favorite fruits and veggies — lemons, oranges, watermelon, cucumber, strawberries, mint, or limes — to a pitcher of ice-cold water for a refreshing and flavorful drink.
- Another great option is to put chopped-up fruit in an ice cube tray, add water, and freeze. Place these colorful cubes in your beverage for instant flavor and color.
- The old fashioned way to infuse water with flavor is to add the fruits and/or vegetables directly to the water, but today a variety of special pitchers and water bottles are available that are designed specifically for this purpose.



# Flavored Seltzer or Carbonated Water



- The methods for flavoring seltzer or carbonated water are not different from flavoring "still" water, the only difference is that because it has carbonation, the flavor combinations may differ.
- For example, in addition to the fruit flavors you might add Cola, or Root Beer Liquid Stevia Drops to have more of a soda flavoring.
- I will talk more about this in a few minutes when I explore taking steps to eliminate soda, both regular and diet.

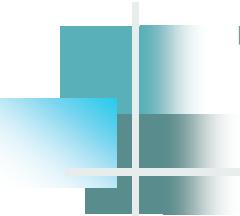
# The Tea for Hydration Debate

- When I delved into recent research on the topic of hydration, I read various opinions on whether part of your hydration needs can be met with tea.
- The pros of this option are the many established health benefits, including heart-protecting and disease-annihilating antioxidants.
- The cons mainly centered around the debate concerning whether the caffeine in black, green, white & oolong tea, makes it a poor choice for hydration.
- For those of you who like to drink tea, the good news is that newer studies are finding that the benefits of tea outweigh any effects of the caffeine, and that when consumed in moderation (2-3 small to medium cups per day) there is no significant dehydrating effect from the caffeine. (and you can choose de-caffeinated blends, if desired)

# The Basics of Tea or “Tea 101”

- Most people are familiar with black, oolong, green, and white teas.
- In fact, all of these teas are from the same tea plant, “*Camellia sinensis*”, but each is processed differently
- Black tea and oolong tea leaves undergo the most processing that includes a crushing and fermentation process.
- Green tea leaves are not fermented, they are withered and steamed. Green tea is produced from leaves that have not withered or oxidized.
- White tea comes from young leaves and buds. White tea is the least processed of all teas, and has a sweeter, milder flavor than green
- Another type of tea Rooibos (pronounced ROY-boss) (also referred to as Red Tea) comes from a different plant, and unlike the teas above, it does not contain any caffeine.
- Other herbal choices include teas like chamomile, peppermint, and lavender.





# What type of tea is best?

- All of these teas make a healthful addition to your diet, but, because of the variation in their nutrient content, they offer slightly different health benefits.
- A common health benefit shared by all tea is that they contain antioxidants that can fight inflammation, and protect us from chronic disease, such as cancer, diabetes, and heart disease.
- If you are concerned about fluoride intake, it is helpful to know that Black tea contains between 0.2 and 0.5 milligrams of fluoride per cup, while green tea provides 0.3 to 0.4 milligrams
- Green tea contains between 9 and 50 milligrams of caffeine per cup, while black tea offers 42 to 72 milligrams. Rooibos tea does not contain any caffeine. Today, you can find decaffeinated options for both black and green tea.
- Generally any type of tea is OK , just don't overdo it and include water and liquid from actual food sources as well.
- Commercial brands of unsweetened brewed iced tea contain no calories, but may contain high levels of sodium and other additives, so read labels carefully.

# Drink Tea in Moderation

- New studies are showing that caffeinated drinks can safely count toward your daily fluid requirements, but excessive amounts of caffeine can cause you to urinate more frequently, which can lead to dehydration.
- Because Tea leaves from the *Camellia sinensis* tea plant (black, oolong, green, and white teas) have naturally occurring fluoride, a possible side effect of drinking extreme amounts of these teas is exposing yourself to dangerously high levels of fluoride, which can lead to skeletal fluorosis, a painful, debilitating bone and joint disease.
- While tea can make up part of your daily fluid intake, it should not be the only beverage you drink each day.
- A good rule of thumb is to limit your tea consumption to a moderate amount, 2-3 cups a day. (in the “tea world” a cup is typically 6 ounces...)

# Final Thoughts on Tea

- Don't add sugar or artificial sweeteners to tea. Instead, try sweetening with a few drops of your favorite Liquid Stevia or drink it plain without any sweetener.
- Another type of tea that most people don't think about is an all natural tea brewed from vegetables.
- For a relaxing, energizing tea that also quiets sugar cravings, try the following sweet vegetable tea.
- Bring 3 cups water to a boil, then lower heat and add  $\frac{1}{4}$  cup onions,  $\frac{1}{4}$  cup carrots,  $\frac{1}{4}$  cup cabbage, and  $\frac{1}{4}$  cup either parsnips or butternut squash. The vegetables should be cut in small chunks. Simmer covered for 15-20 minutes. Strain the tea, discard the vegetables, and then pour the liquid into a cup, and enjoy.



# What About Diet Soda?

- A growing body of research indicates that drinking artificially sweetened diet sodas on a regular basis may set you up for weight gain and increased cravings for sweets..
- Sweetened sodas can also interfere with your body's signal to tell you to stop eating.
- An occasional diet soda is probably fine. But, watch out for habitual drinking of artificially sweetened diet soda.



I recommend eliminating all regular soda, and diet soda. But if you are currently drinking diet soda, Don't feel like you have to go cold turkey. Especially if that is going to set you up for failure. Create a plan for cutting back and work towards eliminating it from your food plan. Below are some tips for cutting back.

- ***Remove soda from your home environment.*** Don't keep it at your desk at work. Out of sight, out of mind.
- ***Set a rule for yourself that you only drink diet soda when you're out at a restaurant.*** Later, you can start substituting other drinks when you eat out until you're eventually soda-free.
- ***Be prepared for withdrawal symptoms.*** Your body is addicted to this substance. So don't be discouraged if you experience some physical effects of quitting that will subside, including– headaches, irritability, or lack of focus.
- ***Time your quitting so you can be out of focus and irritable without it affecting your life too much.*** Don't totally quit regular or diet soda the week of the giant research paper or the big work project or your wedding. That's just a recipe for disaster on both fronts. Instead cut back.

# Substitute a tasty beverage that you enjoy.

- Many people like to transition from soda to a combination of servings of unsweetened iced tea with lemon and servings of water (plain or flavored)
- Get your “fizz from water. For many people, a huge component of soda addiction is the carbonation, which gives us that fizzy burst with each sip. For a bubbly feel without soda, choose carbonated or sparkling water and flavor it with flavor drops or fruit such as lemons, lime or your favorite type of berry.
- If you crave that soda “experience”, try the Lemon-Lime Spritzer recipe on the next slide.

# Lemon Lime "Spritzer"

## Ingredients: (single serving)

- 8 ounces sparkling water
- 2-3 slices of lemon and lime
- 2-3 drops Liquid Stevia (Sweet Leaf Brand- Plain or Lemon Drop)
- Ice cubes (as desired)



## Directions:

- Pour the sparkling water into a glass
- Slice the lemon/lime and squeeze some of the juice into the sparkling water, then add the lemon/lime into the sparkling water
- Add 2-3 drops of the Stevia to the sparkling water.
- Add ice cubes and enjoy!

For variety, you can experiment with other fruits such as Oranges or Strawberries, and different flavors of Liquid Stevia as well.

# Looking for a beverage that satisfies thirst AND cuts cravings?

**FITTEAM FIT** is a great tasting, all-natural beverage with a revolutionary blend of ingredients that boost your energy, lift your mood, control your appetite and aid in fat loss.\*



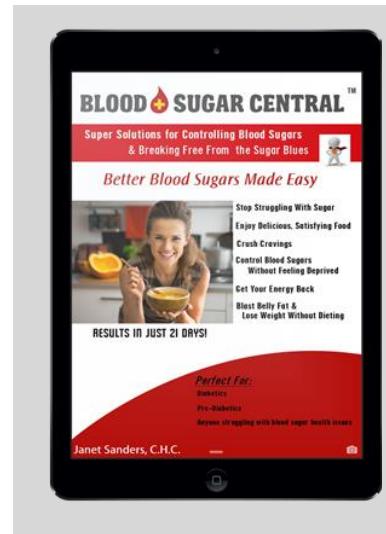
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

- Contact Janet Sanders via contact page at [www.bloodsugarcentral.com](http://www.bloodsugarcentral.com) or via e-mail at [janetsanders@bloodsugarcentral.com](mailto:janetsanders@bloodsugarcentral.com) to learn more about FIT.

# Next Steps

Are you ready to cut cravings, control your blood sugars and *get started with a low sugar lifestyle* with FULL coaching support?

*The Blood Sugar Central™ Virtual Coaching Center offers everything you need to remove all the barriers to cutting back on sugar and the tools to support you in gaining blood sugar control that will last a lifetime.*



Visit our center at [www.bloodsugarcentral.com](http://www.bloodsugarcentral.com) for more information and news about upcoming events.