



drink for health

Australians drink on average 63 litres, and New Zealanders 55 litres, of carbonated beverages each year. But how good (or bad) for you is all that soft drink? There are good reasons for avoiding it.

why say no!

1. Soft drink is loaded with sugar. A 375 ml can gives you 40 grams or 10 teaspoons of sugar! Soft drink is the single greatest contributor of added-sugar intake in the diet of children.

2. Some soft drinks damage bones. The high phosphorus intake from cola drinks may cause weakening of bones. A study of teenage girls who drank the most soft drink had a three- to four-times higher risk of bone fractures compared to those who drank the least.

3. Many soft drinks contain high levels of caffeine. Caffeine is a stimulant, and is added to many of the range of so-called "energy" soft drinks, often under the guise of a "natural" herbal ingredient, guarana. They are marketed squarely at young people. At low levels caffeine causes subtle behavioural changes; at

moderate to high doses, it can lead to excitability and anxiety. Overdosing and deaths have occurred through over-liberal consumption of such drinks, and they may soon wear warning statements.

health drinks

When you're looking for a good drink, you can't beat the original: water—plain, mineral or soda.


And pure fruit and vegetable juices are not only delicious, but health promoting. They contain vitamins, minerals and phytochemicals, but watch out for any containing "added" sugar.

For a more filling drink, try low-fat milk or a soy drink, such as So Good, which provides you with the additional health benefits of soy protein.

For some refreshing, healthy alternatives to soft drinks, turn to page 34.

STYLING: SUE RADD

Hollywood diets
SUE RADD



What are they?
A diet that allows you to eat anything you want, but with a strict limit on the amount of fat you can eat. It's a diet that's been popularised by the movie *The Hot Chick*, which stars Halle Berry as a woman who loses weight by eating anything she wants, but with a strict limit on the amount of fat she can eat.

Why are they good?
They allow you to eat anything you want, but with a strict limit on the amount of fat you can eat. This can help you lose weight and improve your health.

Why are they bad?
They can be very restrictive, and it can be difficult to stick to them. They can also be expensive, as you often need to buy special foods that are low in fat.

For further information contact: Sanitarium Nutrition Education Service
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