



FAQ'S

*What Can I Drink?*



Optimal hydration is crucial to success on the Seattle Sutton's Healthy Eating plan. What you drink can significantly impact your journey, as beverages often hide calories, carbs, and added sugars. Overlooked by many, your drink choices might be the key to overcoming weight struggles, high blood sugars, low energy levels, or diet adherence challenges.

## Here are the top five beverage choices we recommend enjoying while enjoying any of our Dietitian-Designed Meal Plans:

### **Fat-Free or Low-Fat Dairy Milk:**

Dairy milk is strongly encouraged with our meals plans due to the content of protein, vitamins, minerals, and proven effect on weight management.

- The 1200 Dietitian-Designed Meal Plans are calculated with 2 glasses of fat-free dairy.
- The 2000 Dietitian-Designed Meal Plans are calculated with 3 glasses of low-fat dairy. If you are unable, or choose not to consume dairy milk, refer to the *dairy milk alternative handout* and the *snacking and flex calories handout*.

### **Water:**

- Best for hydration, blood sugar control, and weight management.
- Add flavor with fruits, vegetables, or herbs like cucumber slices, lemon, or lime.

### **Unsweetened Coffee or Tea:**

- Rich in antioxidants with proven health benefits.
- Avoid sugar, honey, or sweetened creamers.

### **Low-Sodium Vegetable Juice:**

- Offers 2 servings of vegetables per serving and is a potassium-rich option.
- Contains 9 grams of carbohydrates and 45 calories per serving, which would be additional to daily totals.

### **Seltzer Water:**

- Create zero-calorie drinks with ginger or freshly squeezed citrus juice.
- Canned options like La Croix or Bubbly can be occasional, satisfying alternatives.

At Seattle Sutton's Healthy Eating, we discourage the consumption of regular or diet soda, sweetened tea, fruit drinks like Vitamin Water or Hi-C, and sweetened coffee drinks. These drinks may adversely impact your health, contribute empty calories, and trigger sugar cravings throughout the day. Opt for the healthier alternatives listed above to stay on track towards your goals.

Still have questions? Visit [www.seattlesutton.com](http://www.seattlesutton.com) or call 800-442-3438