

## DRINKS

*I found this article in this month Men's Fitness. It's perfect for you ladies!! Nothing replaces good old fashioned water, but these make life a little sweeter. Coach Lou*

Sports drinks are tricky. Some are delicious, but way too many of them just suck, especially the low-cal ones. We tried all the major brands, then asked Jeffrey Hampl, Ph.D., R.D., a professor of nutrition at Arizona State University, to assess their nutritional benefits.



### **Arizona Diet Green Tea With Ginseng**

CALORIES 0 / CARBS 1G / per 20-oz bottle

Although it's super sweet, tasters still liked the authentic, thirst-quenching green tea flavor. "Since it's brewed with ginseng and vitamin C, it's an antioxidant powerhouse," Hampl says. "You can't go wrong with a beverage that's calorie-free, low in caffeine, and geared toward keeping your heart healthy and your immune system primed."



### **Snapple Diet Lemonade Tea**

CALORIES 20 / CARBS 4G / per 16-oz bottle

A true Arnold Palmer, with just the right blend of iced tea and lemonade. Since it has only 10% of the calories found in Snapple's regular lemonade tea, it's also a great indulgence that won't leave you bloated, says Hampl.



### **Glaceau Vitaminwater 10 multi-v Lemonade**

CALORIES 25 / CARBS 10G / per 20-oz bottle

Staffers loved the mild lemon flavor, comparing it to restaurant-style lemonade. Hampl was won over by the nutrients. "All-natural fructose, stevia, and sugar alcohol keep the calories low," he says. "And it's loaded with fortified nutrients, so it's almost like drinking a multivitamin."



### **Hint Pear**

CALORIES 0 / CARBS 0G / per 16-oz bottle

Think pure, flavorless water with a few pieces of fruit floating in it. In other words, you're getting exactly what the name implies ... a "hint" of flavor. "It's hard to improve on water, but Hint does it," Hampl remarks. "There's no sugar or other sweeteners, and the subtle, natural flavoring definitely makes the water more appealing and drinkable."



### **Gatorade G2 Blueberry**

CALORIES 70 / CARBS 17G / per 20-oz bottle

A new face for an old classic. Tasters barely noticed the difference between G2 and old-school Gatorade. But half the calories of the original left Hampl a fan. "With all the electrolytes and vitamins that made Gatorade famous, it's definitely a good choice," he says.



### **Powerade Zero Grape**

CALORIES 0 / CARBS 0G / per 20-oz bottle

This cross between Kool-Aid and a fruit-flavored Popsicle was an easy fave because of its light, refreshing bite and the lack of cloying, metallic aftertaste common in sugar-free drinks. "It does just what you want in a drink," agrees Hampl. "Rehydrates without hitting your waistline with any unnecessary carbs."

### **TEAM WISDOM**

**Carrie's wisdom** I like what the guy has to say about each one ...they do have fewer calories than soda and have more taste than tap water...shoot they even have a great mix of antioxidants and electrolytes ... I spent the summer trying out different options and found that for me I would drink part of the sweeter drink and then have my water. Drank just enough sweet to satisfy the need for flavor! It is not written on the label that you HAVE to drink the whole thing at once. If you feel water glogged by 8 oz at a time try drinking 4 oz at a sitting instead. Or change the container you drink from....ie. a wine glass holds about 6 oz and it is something different!

*As I receive your thoughts and recipes I will update and let the team know*



LADIES OF THE DUNGEON