

# Naked Nutrition Bites

Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

## Dangerous Calories

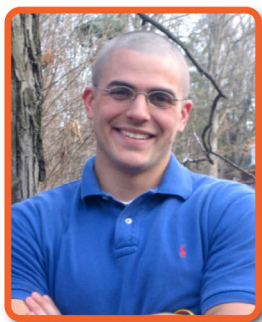


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Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

### **Liquid Calories Could be Sabotaging Your Health and Here's How to Stop It From Happening.**

The most important nutrition advice that I can give you is to *stop drinking calorie containing beverages.*

For many people drinking calorie containing beverages, more specifically sugar sweetened beverages, is the difference between losing 15-20lbs or not.

On any given day a typical American may have a latte (w/whole milk) in the morning, 20oz Coke or Pepsi at lunch, ice tea from a vending machine in the afternoon, and some ginger ale or another type of soda at dinner. You probably know people that do this. Maybe you do this.

Do you know how many calories a person would drink in a day like this? 800 calories. You'd have to walk 8 miles to burn all those off!

### **More Sugar Please!**

Did you know that from the mid 70s to the mid-90s soda and 'ade (Gatorade, Powerade, Kool Aid, etc) consumption increased 100% in the

U.S. Even worse, in 2002 it was reported that 44% of toddlers (18-24 months) consumed sweetened fruit drinks or soda at least once per day.

### **The Danger of Liquid Calories**

The American Heart Association has recently taken a firm stance against sugar sweetened beverages. They cite that drinking these sweetened beverages consistently leads to eating more calories, increases body weight, and decreases in the nutritional quality of your diet.

### **Bigger Drinks, More Calories**

Researchers from Pennsylvania State University wanted to look at the impact of drinking sugar sweetened beverages with a meal. They found that most people tend to drink all of the beverages they are given during a meal. So when the researchers increased the size of a sugar sweetened beverage (in this case Coke) provided with a meal (from 12 to 18oz), men consumed 26% more calories and women consumed 10% more calories.

### **Sugar Sweetened Beverages Lower Your Body's Defenses**

In addition to the much publicized effects of calorie containing

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**“...drinking a  
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defense system.”**

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beverages on body weight and calorie intake, researchers from University of Udine in Italy found that drinking sugar sweetened beverages temporarily blocks your body’s antioxidant defense system. This has even worse implications for your health than just the negative effects of empty calories.

#### **How to Make the Switch**

Drinking calories is a major problem, but an easy one to fix. Drink water, drink tea, drink a zero calorie sweetened beverage like Crystal Light if you need a sweet fix. Whatever you do, start cutting out calorie containing beverages today. If you are currently drinking a lot of sweeten beverages here’s what you can do (this works every time).

**Step 1:** Find out how many sweetened beverages you are drinking each day.

- Remove one completely and replace it with water.

- Take another one of your sweetened beverages and replace it with the ‘diet’ version (you can find the diet version of just about anything).
- Do this for 1 week.

**Step 2:** The following week, we’ll start to transition you away from calorie containing drinks even more.

- Replace your ‘diet’ drink with water or tea.
- Replace another one of your sweetened beverages with the ‘diet’ version.

**Step 3:** Repeat the process until you have completely eliminated calorie containing and sweetened beverages from your diet.

This is a painless and effective solution for weaning yourself off your sugar fix and getting rid of those wasteful and waistline increasing liquid calories.