

## Cut down sugar in New Year's beverages

Laura Kimm, Hy-Vee dietitian 11:03 a.m. CST December 23, 2015



(Photo: Special to the Register)

The holidays and New Year are a time of celebration, and often include lots of food, treats and drinks. Just as it is important to be mindful of holiday food consumption, refreshments and beverages are also something to be conscious of when celebrating.

According to the Centers for Disease Control and Prevention (CDC), sugary drinks, including sodas and sugar-sweetened beverages, account for about 6 percent of adults' calorie consumption in the U.S. With portion sizes and accessibility of these items changing considerably over the years, it comes as no surprise that children and teens are also sipping more of their calories. In fact, on any given day, half of the U.S. population will consume sugary drinks.

As for U.S. adults, soda, energy drinks and sports drinks aren't the only liquid calories consumed regularly. On average, adults consume about 5 percent of their caloric intake from alcohol, just shy of the total calorie consumption from sugary drinks. And with the end of the year celebration quickly approaching, one can assume this number will increase as the ball drops at midnight.

The health impacts of excess calories from sugary drinks is not a new topic. Regularly consuming sugary drinks increases a person's risk of obesity, diabetes, heart disease and gout; while excess alcohol — also providing additional calories — has its own health consequences in the long term.

To find balance, how can we still enjoy the festivities while being mindful of what we're consuming? Your Hy-Vee dietitian pick of the month for December, LaCroix sparkling water, can be your solution! Whether you want to enjoy a cocktail (or mocktail) this season, there are multiple recipes and flavors to fit your needs — and taste buds! LaCroix sparkling water is a zero-calorie beverage, with no added sugar or artificial ingredients -- just natural flavors extracted from the oils of fruit. These trendy drinks are not only a healthier option, but are sure to put a smile on everyone's face at your next social gathering.

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You can eat, drink and be merry this holiday season, and know you are taking the right steps to making your life easier, healthier and happier!

### LaCroix Jubilee Mocktail

Serves 1 (6 ounces each).

All you need:

2 oz. LaCroix cran-raspberry sparkling water, chilled  
2 oz. LaCroix lime sparkling water, chilled  
2 oz. 100% cherry juice, chilled  
Fresh cherry, for garnish

All you do:

Combine cran-raspberry and lime sparkling water with cherry juice in a cocktail glass. Garnish with a fresh cherry, if desired.

Read more here: <http://www.desmoinesregister.com/story/life/living-well/2015/12/23/cut-down-sugar-new-years-beverages/77454694>