

Drink Smart



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Drinking too many alcoholic and sugary drinks can increase your risk of high blood pressure, high cholesterol, high triglycerides, diabetes, and obesity—all of which are also major factors that can increase your risk of stroke.

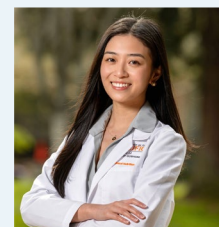
The US Dietary Guidelines for Americans recommends limiting alcoholic beverages to 1 drink or less for women and 2 drinks or less for men daily. The guidelines also recommend limiting added sugar intake to less than 10% of total daily calories, which equates to approximately 50 grams of added sugar per day in a 2,000-calorie diet.

As the weather warms up, try out these tricks to drink smart and reduce your risk of stroke!

- Prioritize choosing water.
- Swap regular sodas for sugar-free flavored sparkling waters.
- Swap alcoholic drinks for alcohol-free mocktails.
- Add some natural flavor to your sugar- and alcohol-free beverages with citrus, berries, cucumber, or mint.
- Simplify your coffee and tea and skip the flavored syrups, whipped creams, and sweetened milk alternatives.
- Break habits by limiting the alcoholic and sugary drinks you keep in your house and planning alcoholic and sugary drink-free days each week.

Meet the Author

Kirby Lee is a dietetic intern who is on track to becoming a registered dietitian nutritionist. She is currently working towards her Master of Science in Clinical Nutrition and completing her clinical rotations with the University of the Pacific. Kirby aims to provide individualized, evidence-based nutrition care to help individuals meet their health goals while preserving their daily joys.



Visit Kaiser Permanente Comprehensive Stroke Community Resource Website: <http://kp.org/sac-valley-stroke-center>

For more information, please contact Cindy at Cindy.Centerwall@kp.org