



**CHALLENGE #2**

# DRINK TO YOUR HEALTH

YOU MIGHT BE SIPPING MORE THAN 300 CALORIES—OR THE EQUIVALENT OF AN EXTRA MEAL—IN JUST ONE SITTING. SEE HOW TWO FAMILIES CHANGED THEIR WAYS. **BY MICHELE BENDER**

This month we peered into our Challenge families' cups, mugs and glasses. What we found was a health mistake your crew can probably relate to: Drinking sweetened beverages was expanding their waistlines. "So many drinks are loaded with sugar, which adds excess calories to your diet," explains Elizabeth Fassberg, R.D., nutritionist for the Avagliano family and president and founder of Eat Food in New York City. Because liquid calories are much less satisfying than those from food, they can lead to overindulging. Avoid downing the wrong beverages—which may pack on pounds, trigger energy slumps and even increase your blood pressure—with these tips.



★★ CHALLENGE #2: IT'S A TIE! ★★

## » THE LEHMANS

### AT FIRST GLANCE, THE LEHMANS SEEM TO SIP RIGHT.

Tiffany and Andy avoid soda and juice and whip up healthy smoothies at home rather than buying the pre-made kind, which can be high in calories and sugar. They're also big water drinkers, gulping down one to two gallons a day as a family. But mom and dad were drinking major calories when it came to the beer, Merlot and Cabernet they paired with meals three or four times a weekend. Now they drink beer or wine just once a week. As a result, Tiffany's blood pressure is back to normal and she's lost 3 pounds. Here, their better beverage plan.

★ **Portion control your cup.** "Four big glasses of wine or three 20-ounce beers can add up to 800 calories," explains Stephanie Karpinske, R.D., the Lehmans' nutritionist and author of *Read Before Dieting: Your 4-Step Plan for Diet Success*. Even one 8-ounce glass of wine can have the same calorie count as a 4-ounce rib-eye steak. Using Wine-Trax glasses (see sidebar) helped the Lehmans pace themselves. "Once my mind was made up to do this, cutting back on the beer wasn't difficult," says Andy. "Plus, I had more energy, slept better and the weight came off easily."

★ **Know the impact.** "We learned your liver stores fat cells from alcohol," says Tiffany. "Since we want to slim down, that was a motivator."

★ **Mix your drinks.** The Lehmans had a glass of water between each glass of wine or beer. "This gives your hand and mouth something to do and keeps you satisfied," says Tiffany. Plus, it helps you cut back on the amount of alcohol consumed.

★ **Make mocktails.** The Lehmans treat their kids, Jack and Anna, to juice or soda once a week. But even that adds excess sugar and calories. Since Anna likes soda and lemonade, Tiffany prepared healthier versions with a SodaStream carbonated beverage maker (see sidebar). "Both our kids loved this," says Tiffany. As for cocktails, check out the great nonalcoholic recipes at [familycircle.com/mocktails](http://familycircle.com/mocktails).

### THE PARENTS

**TIFFANY, 39,** mortgage underwriter  
**ANDY, 45,** building engineer

### THE KIDS

**ANNA, 10**  
**JACK, 6**

### HOME

Des Moines, Iowa

### CURRENT STATS

Tiffany, 239 lbs and 5'3"  
Andy, 244 lbs and 6'2"

### GOAL FOR ANNA

Quit looking to food as her comfort and reward

### GOAL FOR JACK

Eat more veggies and less fast food

### FamilyCircle.com

Read family blogs, find delectable smoothie and mocktail recipes, get expert advice from fitness trainers and nutritionists, and cheer everyone on at [familycircle.com/healthyfamily2012](http://familycircle.com/healthyfamily2012).

NEXT MONTH

**CHALLENGE #3** Stride Right: We outfitted both families with Fitbit activity trackers to see how getting more exercise could make a difference in their shape-up goal.

## BEST TOOLS FOR STAYING ON TRACK

Watching your beverage intake doesn't have to be a drag. Some clever items make it a cinch! Here are a few that helped our Healthy Challenge families.

**Wine-Trax** → The decorative lines on these glasses indicate 4, 6 and 8-ounce portions so you don't overdo it. [Wine-trax.com](http://Wine-trax.com), 2 for \$28.50. Use code FCRW8P and get a 20% discount on any of their products until August 31, 2012.



**Sigg Water Bottles** → These durable aluminum canisters make it easy to tote cold H2O anywhere. Available in an array of great sizes and designs for adults and kids. [Mysigg.com](http://Mysigg.com), from \$18



**Lipton Teas** → From Decaf Blackberry and Pomegranate to a cold-brew Decaf Black Tea, Lipton will quench your thirst with zero calories per serving. [Stores nationwide](http://Stores.nationwide.com), \$3



**SodaStream Home Soda Maker** → Create your own healthy versions of sparkling water and soda using tap water and, if you like, any of the more than 60 flavors, including lemon lime and raspberry. [Sodastreamusa.com](http://Sodastreamusa.com), from \$150



The Lehmans with nutritionist Stephanie Karpinske.



★★ CHALLENGE #2: IT'S A TIE! ★★

## DOES EVERYONE NEED EIGHT 8-OUNCE GLASSES OF WATER A DAY?

### » THE AVAGLIANOS

#### THE PARENTS

**PEGGY**, radiologist  
**PETER**, set designer,  
both 45

#### THE KIDS

**MICHAEL**, 17,  
**AMANDA**, 15  
(Christina, 20, and  
Katie, 19, aren't  
participating because  
they're away at college.)

#### THE PETS

Nicki (a Siberian husky),  
Krammer (a golden  
retriever training to be a  
seeing-eye dog),  
Minnie (a cat) and  
an unnamed goldfish

#### HOME

Egg Harbor City,  
New Jersey

#### CURRENT STATS

Peggy, 181 lbs and 5'4"  
Peter, 271 lbs and 6'

#### GOAL FOR MICHAEL

Lose the weight he's  
gained since quitting  
football due to an injury

#### GOAL FOR AMANDA

Drop those extra  
pounds and increase  
her flexibility



#### BEFORE THIS MONTH'S CHALLENGE,

no one in the Avagliano clan was getting the recommended amount of water his or her body needed to function efficiently, feel satisfied and slim down. The New Jersey family was drinking a combined total of just four to six glasses a day. Parents Peggy and Peter were dependent on rich coffee drinks, diet beverages and caffeinated tea. Kids Amanda and Michael favored apple juice and sweet iced tea. But one month of thinking before drinking led Peter to drop 7 pounds, Peggy to lose 2 and Michael to shed 3. Here's how they did it.

★ **Know what's in your cup.** "Every workday morning for five years, I had a 16-ounce low-fat French vanilla cappuccino from a local convenience store," says Peter. That was until he checked its nutritional information online and saw it had 250 calories, 56 grams of carbs, 37 grams of sugar and 2 grams of saturated fat—none of which is good for Peter's type 2 diabetes. "I was shocked, especially because I thought it was healthy to order the low-fat option instead of the full-fat one. Now I realize that regular coffee is a better choice and haven't had a French vanilla cappuccino since," he says.

★ **Make simple substitutions.** Peggy was drinking 12 to 15 cups of black tea daily. Although she didn't fill them with sugar and milk, they added up to a lot of caffeine. "Some caffeine is fine, but this was too much," says Fassberg. Peggy was also missing the greater cancer-fighting benefits offered by green teas and the potential weight-loss benefits from white tea. "I cut back by alternating tea with water and replacing at least one mug a day with

No, adults need more. Eight 8-ounce glasses is a guideline, not a one-size-fits-all recommendation. "The amount of water you require depends on many factors," says Karpinske, who suggests you start with the Institute of Medicine (IOM) recommendations of thirteen 8-ounce glasses for men and nine 8-ounce glasses for women.

The IOM recommends 7 glasses for girls 9 to 13, 8 glasses for boys 9 to 13 and girls 14 to 18, and 11 glasses for boys 14 to 18. Bump this up if you are physically active or live in a hot or humid climate or at a high altitude.

And remember: You don't have to meet your water needs through H<sub>2</sub>O alone. Caffeine-free liquids count, as do fruits and vegetables like watermelon, grapefruit, lettuce, broccoli and tomatoes, some of which are 90% water.

green tea," says Peggy, who pared down to six to eight cups. Peter, who spends a lot of time on the road for work, also started choosing water over diet soda, and that cut his cravings for snacks such as M&M's and chips.

★ **Sweeten up your water.** Before the challenge, Michael drank one glass of water a day at most. But once the family followed Fassberg's tips to liven up their H<sub>2</sub>O with things like lemon wedges, raspberries and strawberries, he (and the rest of the family) started toting water bottles everywhere. The result? He upped his water intake to a gallon a day.

**WHAT THEY WON!** Passes to Six Flags for the ultimate thrill rides, including a chance to splash around in water (instead of focusing on drinking it). The Avaglianos got a season pass to the Six Flags Great Adventure near them in Jackson, New Jersey. The Lehmans won a weekend hotel stay and day passes to Six Flags St. Louis.



Photos: (top left) istockphoto; (top right) Michael Branscom; hair and makeup, Lisa Bell; (bottom left) Ron Wyatt/Six Flags Great Adventure.



**HEALTHY FAMILY  
CHALLENGE  
2012**



## TWO-STEP PLAN

To keep them going

strong, each family had a coaching session with motivational expert Tony Ricci, senior health and fitness specialist at Pfizer. "The secret to remaining focused on a goal is being able to define it and visualize it," says Ricci. Here's how to do just that.

**Be specific.** Don't simply write down your goals; write down the true, intimate reasons why you want to do something and what your life will be like once you accomplish those goals. For example, "When I lose 20 pounds, I'll stop making excuses about not wanting to go to the pool and have more energy to bond with my kids on weekend bike rides."

**Create a picture.** Gather images that represent your goal (and its rewards) as a constant reminder to yourself of what you're after. Use a bulletin board, poster board or Pinterest board to post photos of the little black dress you want to fit into or the beach you want to (fearlessly) wear a bathing suit on.

# GLASS TACTICS

When the heat rises, it's nice to cool off with a drink. But some summer tonics can do in your diet. Water and unsweetened beverages are ideal, but if you treat yourself, here's how to avoid going overboard.

### IF YOU WANT A...



Starbucks Mocha Frappuccino 16 oz.



7-Eleven Cherry Orange Blitz Slurpee 16 oz.



Red Lobster Traditional Lobsterita 24 oz.

### KNOW IT'S...

400 calories

110 calories

890 calories

### YOU'D HAVE TO...

Run 3.4 miles in 40 minutes to work that off.

Lift weights for 30 minutes to nix those calories.

Bike 16 miles in one hour after an indulgence like this.

### INSTEAD TRY A...



Starbucks Mocha Frappuccino Light 16 oz. 130 calories



7-Eleven Slurpee Lite Fanta Sugar-Free Cherry Limeade 12 oz. 30 calories



Red Lobster Classic Margarita On The Rocks 4.75 oz. 250 calories



**WIN IT!** Five lucky readers will receive a new blender and a year's supply of Blue Diamond Almond Breeze Almondmilk for whipping up delicious smoothies. Go to [familycircle.com/drinkhealthy](http://familycircle.com/drinkhealthy) for official rules and to enter. See page 137 for details.