

PART TWO

Karin Puttner has developed a program called 10 steps to healthy eating. *Drinking Healthy Beverages* is Step 8. Part One of this Step can be found in the May/June 2008 issue of *Christian Woman*.

Healthy eating works a bit like an orchestra: if one player is out of order, the whole performance suffers. Often people eat quite well, but are not giving much attention to what they drink.

Let us consider the two principles of healthy eating and drinking once more:

1. Don't change God's design

God made water, we made Coke, and it kills us—no joke! We also invented many other beverages, which might taste or smell great, but they are certainly not good for us.

2. Don't let any food or drink become your god

If we must have a certain 'drink' every day, it could be alcohol, coffee, tea, soft drink, flavoured milk drinks, even fruit juice, guess who is in control? Do you ever say this: "The smell of the coffee just overpowered me and I had to have some". If so, then think again.

To make good choices, you need to know what the best fuel is, so our marvellous bodies can function well.

Breaking the coffee and soft drink addiction

Caffeine is found in tea, coffee, soft drinks, energy drinks, in chocolate and cocoa and some medical drugs. For a long list of health concerns linked to caffeine consumption see *Eating safely in a toxic world*¹ by Sue Kedgley. I decided to give up coffee, as I felt mastered by it. I used to walk for miles to get my daily shot of coffee. My decision was based on a desire to please God, not because of any undesirable symp-

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Break That Caffeine Addiction!

toms which were associated with drinking too much coffee. Soft drinks might contain high amounts of caffeine together with white sugar. Soft drinks, tea and coffee cause addictions, which will result in withdrawal symptoms if you stop having them. You could suffer from headaches, nausea, sluggishness, disorientation, anxiety, depression, tension and irritability for a few days. That happens also when we go on a fast for a few days. For some people it is better to stop at once altogether, others find it a more acceptable method to decrease their coffee and tea intake gradually.

Soft Drinks and so-called energy drinks contain high amounts of refined, white sugar, which is a Vitamin Bandit. Many of them also have lots of caffeine, which has phosphorous. This in turn decreases the absorption of calcium and diminishes some nerve functions. It causes the kidneys to excrete excessive calcium, which affects the bones, iron absorption—which is needed for the blood—and magnesium which affects muscle contractibility and cellular functions.

Thirsty for sugar

We need to be greatly concerned for the health of young people and children as they consume high amount of soft drinks, not even realising what they are doing to their bodies. Soft drinks cause not only a lack of vitamins and minerals, but also addictions. Children often say they are really thirsty and want soft drinks, juices or flavoured milk shakes. But if you offer them water to drink, they are suddenly not thirsty anymore. What they are really craving for is the sugar in these drinks. So be a good example by offering them only water! A natural health-supporting diet should not contain any soft drinks.

Become a clever ingredients-list decoder and train your children to recognise the various names for refined sugars. Anything with -ose at the end means sugar. If you calculate your daily sugar intake you may be in for a surprise!

Make it your aim to reduce sugar as much as possible. For those using under 40 g per day, congratulations!² CW

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Sweet as sugar

- Most people are quite unaware of how much sugar they consume, especially with soft and energy drinks, flavoured milks, hot chocolate, smoothies and fruit juices.
- Approximate sugar content per can/bottle:
Red Bull: 27g, Lift 29g, flavoured milk drinks 27g
- 1 teaspoon of sugar weighs 4g

Average sugar consumption

New Zealand: 50 kg per person per year OR 130 g per day

Australia: 43.4 kg per person per year OR 119 g per day

China: 7 kg per person per year OR 20 g per day

Avoid sugar replacements like aspartame, saccharine and cyclamate as they have various side effects. 'Diet' and 'Sugar-free' means artificial sweeteners replace the refined sugar.

References

1. S Kedgley, *Eating Safely in a Toxic World*, Penguin Books, 1998, pp110-113
2. For details see Step 2 of my book *Nutrition Awareness*



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