

Not only do your eating habits make or break your figure, but the beverages you choose play a big part as well. So drink wisely!

# Drink & Be Skinny

BY ERIC BUTTERMAN | PHOTOGRAPHY CORY SORENSEN

**T**he saying goes, "You are what you eat." This is just as apt for what you **drink**. Still, many down whatever flavored liquid available like there's no tomorrow, and then find tomorrow greets them with **extra** weight, unhealthy **skin** and sluggishness. Read ahead to find out why there's little power in Powerade and how to hydrate for the ultimate high of health.

## Drinking for What?

Phil Goglia, Santa Monica, California-based owner of Fitness Concepts, nutritionist and author of *Turn Up The Heat* (Viking Adult, 2002), says you **first** have to recognize what you want your **drink** to accomplish before you get gulping. "Do you want it to repair muscle tissue like (with) a chicken breast or use it for energy like (with) a peanut butter snack?" he asks. "If it's muscle tissue and repair then go with a low-sodium whey protein source. If we're talking energy boosting then go with any **drink** that mimics the caloric structure of a fruit and a half for 130 to 160 calories. Also, when drinking sugar make sure to **drink** sugar-pattern crystalline **fructose** because it's a healthier simple **fruit** sugar."

One thing Goglia says you can leave on the grocery shelf is Powerade and Gatorade. "They're so high in sodium and sugar and have a diuretic effect because they have a tendency to retain water in the individual. And here's another kicker: They actually inhibit performance in most drinkers. You're buying it for the taste and nothing more." Los Angeles-based personal trainer **Kendra** Kessel isn't quite as hard on the **drinks** that make you "want to be like Mike," admitting, "I could at least recommend sports drinks for people doing high-endurance activity," she says. "But for 'regular workouts, I don't **think** you need it." Kessel defines high intensity as "lifting weights to fatigue and doing cardio for at least 30 minutes. At a high intensity level you should be able to feel **truly** tired."

That's the time Kessel feels is best for drinking. "I'll have a post-workout **drink** because you want something in your body right after," she says. "I'll combine chocolate protein powder then add peanut butter and a banana. In a protein powder you want to make sure it's low in sugar, low carbs, low calories and high protein."

## The Language of Aqua

Most of us know that we're mostly comprised of water and therefore drinking a ton of it is a good thing. But how do we choose from the literal sea of water options presently available? "The most basic of beverages is water and when choosing one, always look for the highly oxygenated kind. Manufacturing done

# PROPER HYDRATION WILL CREATE SKIN ELASTICITY, REDUCE WRINKLES, PROMOTE SKIN FULLNESS AND EVEN REMOVE DARK CIRCLES UNDER THE EYES.

this way is an expensive process, like with the brand Glaceau, but it's well worth it." Goglia says you'll start to see many improvements with the switch. **Drink** at least half an ounce for every pound of body weight. "Proper hydration will create **skin** elasticity, reduce wrinkles, promote **skin** fullness and even remove dark **circles** under the eyes," Goglia says. "People

spend a lot of money on maintaining clean pores and water can supplement some of this. It helps regulate the size of **skin** pores, because by perspiring more water it cleans them out." But it isn't just your **skin** but your body fat that will improve. "Water regulates body temperature so your body won't need to store body fat for insulation as much. It's not

## JUST PEACHY SHAKE

Left

### INGREDIENTS:

1 scoop vanilla protein powder

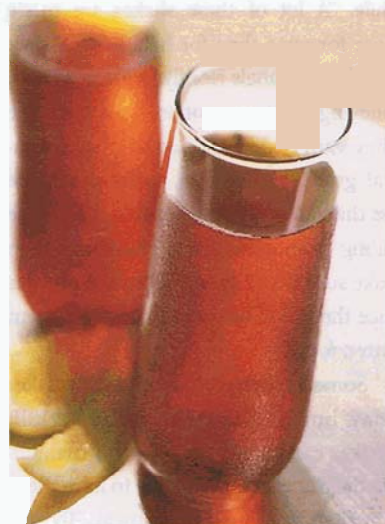
Frozen peaches (cup and a half sliced)

1 tbsp almond or peanut butter

2 tbsp apples-only applesauce

### INSTRUCTIONS:

Mix in 10 ice cubes with all the ingredients. Blend for two minutes and serve.



## SPECIALTY TEA

### INGREDIENTS:

1% cups of water

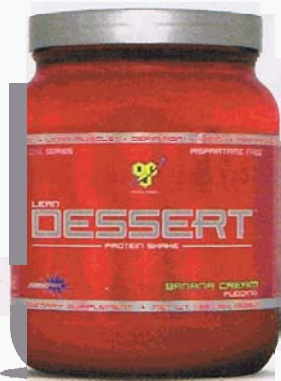
½ cup tea leaves (raspberry or cranberry flavor)

2 cinnamon extract sticks

### INSTRUCTIONS:

Heat water until simmering. Put in tea leaves and cinnamon extract sticks. If you like, add a ½ ounce of soda water to make it fizzy or nonfat milk for creaminess. Serve.

# MONICA'S FAVORITE PROTEIN



**Nutrition  
Tone, Shape, Definition  
Weight Management**

**Dessert-Like Taste That  
Satisfies Your Cravings!**



**LEAN DESSERT  
PROTEIN™**



FINISH FIRST.™

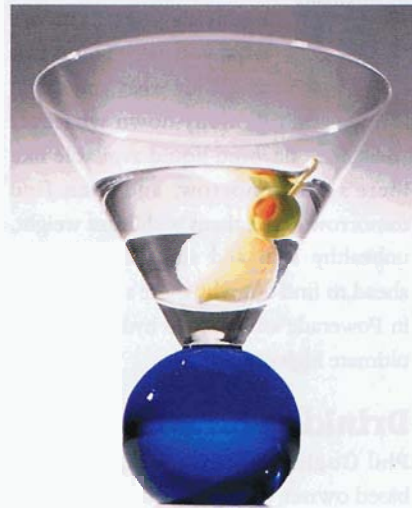
800.507.1457 • BSNONLINE.NET

©2006 BSN Inc. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

just the **amount** of fat you ingest – it's how long your body holds onto it."

## Shake Things Up

It doesn't seem like you have to go too far to find health shake mixes these days. So how do you sift through **all** the powder and **find** the best? First, **think** protein, says **Kessel**. "I like to switch off between using a chocolate protein powder and then doing strawberry and vanilla on another day," she says. Next, **figure** out what consistency you **like** the most. If you like the extra smooth, the more ice you **crush** for the blender, the smoother it will get. I also like to mix in a cup of skim milk to keep it fat free. If you just did a light workout then only half of the powder serving scoop



## VODKA ON THE ROCKS

### INGREDIENTS:

vodka  
6-6 ice cubes  
2 pickled onions  
1 olive

### INSTRUCTIONS:

Pour 2 oz of vodka in a glass filled with Ice. Garnish with onions and olive (good source for essential fatty acids). Stir well before serving.

## THE HOLIDAYS DON'T EXACTLY MAKE IT EASY TO DRINK PROTEIN WHEN A RELATIVE IS RAISING A TOAST EVERY MOMENT. GOGLIA SAYS CHOOSE VODKA OVER THE VICIS OF VINO AND BEER.

should be used, but do a **fill** if you gave it a hard workout. Blend for a minute and you've got a healthy *drink*." **Kessel** warns not to buy protein shakes high in sugar and fat or your workout won't be worthwhile. "A lot of these shakes are made more for taste than **for** health," she says. "Read those labels closely" **Goglia** agrees, believing the best protein shakes are the whey variety that are also of **pharmaceutical** grade. In addition, **carbs** should be less than 20 **grams** per serving. "If you're adding peanut butter to the shake then make **sure** it's 12 grams **from** the powder since there will be carbs from the peanut butter, too."

Some experts recommend two shakes a day, but **Goglia** says that's overkill. "Shakes can be used as a way to **manipulate** the metabolism, so I like to have them as a first meal or dinner meal. To me,

drinking too many shakes will **stimulate** cravings. You'll find yourself consuming **all** the candy at the **local** convenience store and now you've defeated the purpose of **being** healthy to begin with."

The holidays don't exactly make it easy to *drink* protein when a relative is raising a toast every moment. **Goglia** says choose vodka over the vice of **vino** and beer. "Beer and wine have **unhealthy** yeast sugar and mold so you need to **drink** three ounces for every one ounce of brew you drink. But if you go with a high-grade vodka, it's a **single-ingredient** *drink* that's much better for you." Take white over red wine because it has less mold in it and is less sugar dense. Light beer is the best kind of beer. Choose one with the healthiest form of distilled or vapor-distilled water. **Coors** Light is the best choice since it's only 90 to 95 calories. ☉