



# BROOKLYN\_BORN

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## I will not drink another calorie

Tuesday, October 09, 2012

I made that decision over 20 years ago. At the time it was a reflection of my frugality, not aimed at weight reduction. I was annoyed that restaurants charged so much for a drink. I began to order water since the soda was half water (ice) anyway. Then I discovered that although I really like to eat, it didn't really matter to me what I washed it down with. I began to drink water at home too, except for my morning coffee and orange juice.

I wasn't counting calories in those days, just money. I happily realized that I was saving a bundle not filling my shopping cart with cartons of soda. Thinking about it now, that is how a reformed smoker must feel once their hard earned cash isn't going up in smoke.

Cutting out soda or other sugary drinks is one suggestion made to lose weight. By the numbers even saving 100 calories (1 drink) per day results in a 10 lb weight loss in a year. Since I continued to eat as I wanted over those 20 years, would I have GAINED 10 pounds per year if I had continued to drink the soda too? Of course the numbers are an approximation. I understand the variations in metabolism etc. Still, looking back, that lucky decision was partly responsible for my only having 20-30 lbs to lose instead of a much larger number.

This makes me think about how the decisions I make today will affect my life in 20 years. Yes, I realize how old I'll be, exactly what I want to be – a healthy, active 85 year old woman, maybe even still posting here.

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**-TITANIUM-**



Unless it's Fresca!



I had to come look!

Nice blog!  
20 days ago

**NASFKAB**

I hate soda & most of my guests think what a cheapstake I am not to buy soda for GUESTS. Go somewhere else if you expect that!!!!!!!!!!!!





24 days ago



**AMARILYNH**

I couldn't agree more - the prices restaurants charge for a glass of iced tea these days is insane!! And we quit buying soda when my daughter was little - she didn't need that sugar or caffeine and neither did we!!

3169 days ago



**CD12911945**

Yes, I agree with you totally. One of the luxuries of my life is that I don't have to buy and lug containers of beverages. And yet there is always plenty to drink. lol

Also, as you say, there is no more straightforward advance in a fitness plan than to swap water for soda (or beer).

Thanks for visiting my page.

Kate

3170 days ago



**MJZHERE**

Me too in the frugal corner - always only water at restaurants for me. Back and forth giving up coffee at home in am - at least it is half decaf, half normal.

3170 days ago



**NANCYANNE55**

I rarely order diet soda, which is zero calories, either. I think the chemicals are probably worse than the sugar.

3170 days ago



**KANSASROSE67**

I almost always order water in restaurants and quit buying pop years ago. Like you, I'd much rather eat my calories than drink them! My two teenagers don't drink soda or energy drinks and I'm so glad...it's milk or water for them.

3170 days ago



**MAHGRET**

Great way to think about it, people think, oh its only one drink. It is good to realize how things add up over time.

3170 days ago



**KAYOTIC**

I feel fortunate that my favorite drink is water...it sure makes it easier to avoid those sugary, nutrient-free beverages!

3170 days ago



**BELLAMEMAW**

I, too, have adopted the habit of ordering water instead of soda or coffee - cheaper and better

for you and a great way for me to get in my daily water.

3170 days ago



**WILSONWR**

I also drink water every time we eat out. I can't see spending the money nor the calories.

Take care!

3170 days ago



**CD1479887**



3170 days ago



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