

The Truth About Health Drinks - Is The Promise Real?

The truth is, *there is more harm than good* in the so-called health drinks.

Let's try and list the good stuff first.

The box for your drink will likely tell you that your drink has some vitamins and minerals. If the box can be believed, those are good for you.

BUT wait, what about the rest of the ingredients?

Look closer and the box will also tell you that your drink has one or more of the following - milk solids, wheat flour, malted wheat, emulsifier, raising agent, glucose syrup, permitted colours, caramel.

Translation: Your drink has **Sugar + Processed versions of real foods + Artificial ingredients or additives + More sugar but with other names.**

Of course your drink tastes good! It's got a whole bunch of sugar or its substitutes plus other stuff. Only the manufacturer of your drink can tell you for sure how each of these ingredients are sourced or made.

Here are a couple of things to consider the next time you buy your favourite health drink

- Take a look at the nutrition label for your health drink and that in a chocolate bar. You'll find that the ingredients are largely similar. Sure, the quantities might vary but you're pretty much consuming the same things with both.
- A natural drink like organic, whole milk doesn't sit on a shelf in a store. It needs to be sourced fresh and consumed within a day. That's real food. A powdered drink which can be stored in a box for months is not real food.

To reiterate, there is more harm than good in your 'health' drink. Replace it with nutritionally dense, real food to grow stronger and healthier as you always wanted to.