

Rethink Your Drink



How many calories are you drinking?

Are you taking in more calories than you think?

When you are thirsty, what do you choose to quench your thirst? Without realizing it, you could be taking in a lot more calories than you think.

Often times, you tend to forget that what you drink is not calorie free. What you drink can add many "empty calories" to your diet. Beverages we consume such as soft drinks, sweetened beverages like iced tea and lemonade, fruit drinks and alcohol contain a significant amount of calories we are unaware of.

Watch what you eat and DRINK!

Controlling Calories in Beverages

- Water is the natural calorie-free choice and the best option for hydration! Water helps flush the body of toxins, aids in digestion and is good for your skin. The average adult needs about 2 liters of water each day.
- Sports drinks are not the best choice for hydration. They are best used during exercise lasting more than an hour because they contain sugar that will help you maintain your energy. If not needed, these added calories could sabotage your weight loss efforts. Choose water instead!
- Soft drinks, alcohol and sweetened beverages contain little nutrients and a lot of sugar! These beverages add up quickly in calories and do little for hydration.
- Milk is packed with vitamins, minerals and protein. Three servings of calcium-rich foods each day will keep your bones strong. By opting for skim or 1% milk you're making a lower-calorie choice.
- Juice is tricky! Juice labeled "100% fruit juice" can provide you with beneficial nutrients, but juice labeled "fruit drink or fruit cocktail" may contain a lot of added sugars, which means added calories.

The Basic Facts

- ❖ Two 12 oz bottles of cola per day will add 300 calories or 3 lbs in a month
- ❖ Three 12 oz cans of beer will add 400 calories. So if you drink 3 beers, 3 times a week, for 3 months you could gain up to 12 lbs
- ❖ A 12 oz glass of whole milk is 270 calories. If you drink a glass of whole milk everyday for a year, it could add up to 28 lbs in a year.

Beverages

The Hidden Sources of Calories

Beverage	Calories
Soda	156
Diet Soda	0
Sports Drink	75
Skim Milk	120
Whole Milk	270
Kool-Aid	116
Fruit Punch	184
Coffee	14
Cappuccino w/ whole milk	150
Cappuccino w/ skim milk	100

Beer	150
Margarita	256
Club Soda	0
Tonic Water	124
Sweet Tea	88
Unsweetened Tea	2
Lemonade- sweetened	100
Fruit Smoothies W/ fat-free milk	205 220
W/ fat-free yogurt	

The Bottom Line

- ✓ Carbonated Soft Drinks, Sweetened Beverages and Alcohol do not provide any real nutritional value and, therefore can quickly add to your daily intake. Be cautious when choosing your beverages.
- ✓ Drink water for maximum hydration! Carrying around a water bottle is a good way to achieve this, but feel free to mix things up a bit. In the end, the quantity of liquid is the biggest factor for getting and staying hydrated.
- ✓ Calories from beverages add up fast! Just by substituting some of the other drink choices listed in the table with water you can lower your daily intake of “empty calories”!

Remember to always... **RETHINK YOUR DRINK!**