



Think about that drink!



How do beverages impact our health and weight? When trying to lose weight or make small changes to increase your healthy lifestyle, consider what you are drinking. Beverages can be a sneaky source of calories- from the morning latte, to the soft drink at lunch, to the after work cocktail. Drinks do not tend to fill you up like food, so you may not realize the extra calories you are adding to your day.

Starbucks Caramel Frappuccino ®, Grande, 380 calories, 48 grams of sugar
Starbucks Vanilla Latte (with 2% milk), Grande, 250 calories, 34 grams sugar
Starbucks Hot Chocolate (with 2% milk) Grande, 370 Calories, 40 grams of sugar



Water is the best beverage, no calories and our bodies need about 64 ounces a day. Other healthy choices are low fat or nonfat milk or 100% fruit or vegetable juice (limit to 8 oz a day) Other low calories choices are unsweetened tea, low calorie drinks such as Crystal Light or other low calorie powders to add to water. For a twist, add a fresh slice of fruit to your water for a refreshing change.

Skim milk, 8 oz glass, 91 calories, 12.3 grams of sugar
Propel Fitness Water, 12 oz bottle, 15 calories, 3 grams of sugar
Coffee, 8 oz cup, 2 calories
Unsweetened Tea, 8 oz cup, 2 calories
Wendy's Sweet Tea, Medium, 130 calories, 37 grams sugar



Calories are not the only thing to be concerned with when looking at your drink choices. Our country is overloaded with sugary drinks. From soda to juice drinks (juice blends, punch, cocktail- such as Sunny D and Capri Sun) to Kool-Aid and energy drinks. When looking at the label, remember 4 grams of sugar = 1 tsp of sugar.

Sunny D Smooth Style and Mango, 8 oz, 130 calories, 30 grams of sugar
Capri Sun Tropical Punch, 1 pouch, 90 calories and 25 grams of sugar
Capri Sun Roarin Water, 1 pouch, 35 calories and 9 grams of sugar
Red Bull, one can 160 calories and 39 grams of sugar
Gatorade, one 32 oz bottle, 200 calories, 56 grams sugar
Glaceau Vitamin Water, 20 oz bottle, 125 calories, 32.5 grams sugar
Regular Coke, one 12 oz can, 143 calories, 39.9 grams of sugar



Diet soda is OK to drink-right?? Studies have shown people who drink diet soda tend to eat more. The logic may be that they tell themselves, my drink had no calories so I can eat more food. Also think about all the artificial sweeteners you use. Our bodies were not made to handle too much artificial food! It may have zero calories, but that is not the only factor to consider!



How many calories are in alcoholic beverages?? Here are some common drinks and calorie counts. Remember, for several reasons: moderation!

Beer, 12 oz can, 153 calories
Light Beer, 12 oz can, 103 calories
Red Wine, 5 oz glass, 129 calories
White Wine, 5 oz glass, 120 calories
Whiskey, one jigger, 124 calories

Resources: Gatorade.com, Starbucks.com, calorieking.com, sunnyd.com, kraftfoods.com, Glaceau.com

