

## Beverages: The #1 Source of Hidden Calories

Many people don't realize just how beverage calories can add up each day. As you can see in the example below, calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.



Occasion	Instead of...	Calories	Try...	Calories Saved
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	140
Lunchtime combo meal	20-oz. bottle of regular cola	227	Bottle of water or diet soda	227
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	180
Dinnertime	A glass of regular soda with your meal (12 ounces)	155	Skim Milk or Diet Soda	65 155
Total beverage calories:		827		612-702

### Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

**Drink more Water:** For a quick easy and inexpensive thirst quencher, carry a water bottle and refill it throughout the day.

**Make water more exciting:** Add slices of lemon, lime, or cucumber for a refreshing taste or add a splash of 100% fruit juice.

**Choose lower calorie drinks:** Unsweetened tea, non-fat or low-fat milk, or 100% vegetable or fruit juice.

**Mix It:** Add powder flavored drink packets to water to add flavor without adding extra calories.

**Switch to Diet Soda:** If you need to have a carbonated beverage, make the switch to diet.

**At the Coffee Shop:**

- Say skim milk and save up to 120 calories compared to whole milk
- Order a smaller size. Enjoy your favorite beverage, just in a smaller portion.
- **Say “Splenda”, “Equal”, or Sweet’N Low”** and you sweeten your drink with your favorite calorie free sweeteners.
- Say sugar free syrup and add vanilla, caramel, hazelnut flavor for 0 calories to your drink, or ask for fewer pumps of syrup and save about 20 calories per pump.
- Skip the Whip. And save anywhere from 50-110 calories.