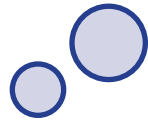


Think Your Drink

How many calories do you drink?

Many people don't realize how beverage calories can impact their daily intake.

Several options for reducing the amount of liquid calories are easy, practical and still allow you to enjoy the beverages you love.



Milk has vitamins and nutrients . . . and calories

Choose low-fat or fat-free milk to get fewer calories and equal nutrients.*

Chocolate whole milk – 208 calories

Chocolate 2 percent milk – 190 calories

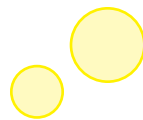
Chocolate 1 percent milk – 158 calories

Whole milk – 150 calories

2 percent milk – 120 calories

1 percent milk – 105 calories

Fat-free (skim) milk – 90 calories



Calorie traps in unexpected places

Coffee shop:

Ask for drinks made with fat-free (skim) milk instead of whole milk.

Order the smallest size.

Skip the extra flavoring or whipped topping.

Back to basics with a classic cup of coffee

— have it black, with fat-free milk or artificial sweetener.



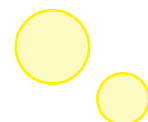
Smoothie stand:

Order child's size if possible.

Check the nutrition information.

Pick the smoothie with fewest calories.

Ask for it without added sugar – the fruit, yogurt and juice are naturally sweet.



Super-sized beverages, super-sized calories

Even healthy drinks can add up quickly! (20 ounce serving size)*

100 percent apple juice 320 calories

100 percent orange juice 300 calories

Lemonade 280 calories

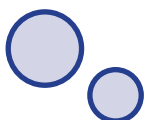
Regular cola 227 calories

Sports drink 165 calories

Lemon/lime soda 247 calories

Fitness water 36 calories

Fruit punch 320 calories



Sugar by another name: How to tell if your drink is sweetened

Often sweeteners that add calories go by fancy names other than sugar. Look at the ingredient list for these common sweeteners listed below:

High-fructose corn syrup	Syrup
Fructose	Corn syrup
Fruit juice concentrates	Sucrose
Honey	Dextrose
Sugar	



It makes more difference than you think*

Instead of ...

Medium café latte with whole milk
(16 ounces: 265 calories)
Regular cola
(20 ounces: 227 calories)
Sweetened lemon iced tea
(16 ounces: 180 calories)

Try ...

Small café latte with fat-free milk
(12 ounces: 125 calories)
Water or diet cola
(0 calories)
Sparkling water with lemon or lime
(0 calories)



Better beverage choices made easy

Liquid calories can make a big difference — here are some ways to make smart beverage choices:

- Choose water, diet or low-calorie drinks instead of sugar-sweetened drinks.
- Stock your refrigerator with nutrient-rich beverages.
- Carry a water bottle and refill it to quench thirst throughout the day.
- Keep the refrigerator stocked with a pitcher or bottles of cold water ready for the whole family.
- Serve water with meals.
- Add flavor to your water by adding a slice of lemon, lime or orange.
- Try sparkling water with a splash of 100 percent juice added.
- Go for the small size if you choose sugar-sweetened beverages.
- Be a role model for family and friends by choosing healthy, low-calorie beverages.

*Source: USDA National Nutrient Database for Standard Reference

Adapted from: Rethink Your Drink, Department of Health and Human Services and Centers for Disease Control and Prevention

