

# Health Promotion in Motion

## Hidden Calories in Drinks

Calories in drinks can add up fast. Even with calorie information right on the Nutrition Facts label, most people are surprised at how many calories are in their drinks. Use this table to compare different drinks. The good news is that you have lots of options.

When	Instead of . . .	Calories	Try . . .	Calories
Morning	Large coffee with cream and sugar (10 ounces)	240	Small coffee (10 ounces) with cream and sugar	120
Lunch	Cola (20 ounces)	230	Bottle of water <b>or</b> diet soda	0
Afternoon Break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinner	Glass or can of soda (12 ounces)	125	Water with a slice of lemon, <b>or</b> seltzer water with 2 ounces of 100% orange juice <b>or</b> 8 ounces fat-free (skim) milk	0 <b>or</b> 30 <b>or</b> 90
<b>Total Drink Calories for the Day</b>		775		120 to 210

**Changing your drinks can easily cut 500 calories from your daily intake.**



### Safe Weight Loss

- Experts agree – weight loss of 1-2 pounds per week is healthy.
- **To lose 1 pound per week, most people need to cut about 500 calories per day.** Cutting drink calories may be an easy way to make those changes.

### Uncover the Calories

The number of calories in coffee drinks and fruit smoothies may surprise you. Try these ideas for cutting calories.

- **Before you place your order**, visit the coffee shop or smoothie stand website and find out how many calories are in your favorite drinks.
- **Pick the beverage with the fewest calories.**
- **Skip the whip.** Whipped cream on top of drinks adds calories and fat.
- **Request that your drink be made with fat-free (skim) milk** instead of whole milk. Steamed milk comes out best when made from fat-free milk.
- **Skip the extra flavors.** Flavored syrups used in coffee shops, like vanilla or hazelnut, are sugar-sweetened and add calories. Remember, powdered cinnamon or nutmeg will add no calories.
- **Order the smallest size coffee or a child-size smoothie.**
- **For Smoothies or Frozen Coffee Drinks:**
  - **Hold the sugar.** For smoothies, use fruit to add sweetness.
  - **Order with fat-free (skim) milk.**



## Estimate Your Intake

Use these tables to estimate your daily calories from beverages. Milk contains vitamins and other nutrients that contribute to good health, but it also has calories. Choose a low-fat or fat-free milk, to reduce your calorie intake and still get the healthful nutrients in milk.

Beverage	Calories in 12 ounces	Calories in 20 ounces
Fruit punch	190	320
100% apple juice	180	300
100% orange juice	170	280
Lemonade	170	280
Regular cola	135	225
Regular lemon/lime soda	150	245
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	125	205
Regular ginger ale	125	205
Sports drink	100	165
Fitness water	20	35
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0★	0★
Carbonated water (unsweetened)	0	0
Water	0	0

★ Some diet soft drinks can contain a small number of calories that are not listed on the Nutrition Facts label. (USDA National Nutrient Database for Standard Reference)

Type of Milk	Calories in 8 ounces (1 cup)
Chocolate (whole)	210
Chocolate (2% reduced-fat)	190
Chocolate (1% low-fat)	160
Whole milk (unflavored)	150
2% reduced-fat (unflavored)	120
1% low-fat (unflavored)	105
Fat-free (skim) (unflavored)	90



## Sugar by Any Other Name

Sweeteners go by many different names. If one of these is on the ingredient list of your beverage, you are drinking a sugar-sweetened beverage.

- High-fructose corn syrup
- Fruit juice concentrate
- Corn sweetener
- Corn syrup
- Sugar
- Honey
- Syrup
- Sucrose
- Fructose
- Dextrose
- Lactose
- Maltose
- Molasses
- Brown sugar
- Sorbitol

## Learn to Read Nutrition Labels

Be aware that the Nutrition Facts label on your beverage container may give the calories for only part of the contents. For example, if a label on a 20-ounce bottle lists the number of calories in an 8-ounce serving as 100 calories, but you drink the whole bottle, then you actually drank 250 calories.

To figure out the number of calories in the whole bottle, multiply the number of calories in one serving by the number of servings in the bottle. That would be:

$$\frac{\text{Number of calories per serving} \times \text{Number of servings per bottle}}{\text{Number of calories in the whole bottle}}$$

## Banana Yogurt Shake

2 servings

From <http://www.fruitsandveggiesmatter.gov>

- ¾ cup fat-free (skim) milk
- ½ cup lowfat plain yogurt
- 2 small bananas, peeled
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla
- 1 pinch nutmeg
- ½ cup ice cubes

- Whirl all ingredients in blender until smooth.
- Serve immediately

**Nutrients per serving:** 160 calories, 1.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 85mg sodium, 32 g carbohydrate, 3g dietary fiber, 7g protein.

**Diabetic Exchanges:** 1 fruit, 1 milk.