

WAT-ER You Drinking?

The beverages you choose can have a big impact on the total number of calories you consumer. Save many calories throughout the day by making simple substitutions to what you drink!

- Choose water and other zero or low-calorie beverages.
- Use skim or 1% milk in coffee or tea, or use a smaller amount of higher fat milk.
- Add less sugar to your coffee or tea.
- Try flavorings such as cinnamon stick, citrus peel or wedge, or mint leaves.
- To your sparkling water, add a splash of fruit juice.
- Choose smaller portions of higher calorie beverages.

Instead of	Calories	Try this ...	Calories	Calories saved
Coffee, extra extra, 10 oz.	240	Coffee with milk and sugar, 10 oz.	80	180
Starbucks Café Latte, 2% milk, 16 oz.	190	Coffee with milk and sugar, 16 oz.	128	62
Starbucks Black Tea Latte, 12 oz	270	Tea with milk and sugar, 12 oz.	96	174
McDonald's Sweet Tea, 21 oz.	150	Ice tea unsweetened, or with 1 sugar packet	0-15	135-150
Coffee Coolatta, 16 oz.	350	Coffee Coolatta with skim milk, 16 oz.	170	180
Starbucks Hot Chocolate with 2% milk, 16 oz	300	Starbucks Hot Chocolate with skim milk, 8 oz.	140	160
2% or whole milk, 8 oz.	120-150	Skim or 1% milk, 8 oz.	90-105	30-60
Commercial smoothies, 16 oz.	360	Homemade smoothie with skim milk or nonfat yogurt, and fruit	160-210	150-200
More than 8 oz. fruit juice per day	120	Tomato juice or seltzer added to fruit juice	70	50
Lemonade, fruit punch, kool-aid, 16 oz.	200	Water with lemon	0	200
Soda, 20 oz. bottle	250	Water	0	250
Energy drinks such as Red Bull, Monster, Amp, Rock Star, etc	200	Water with lemon	0	200
Sports drinks such as Gatorade, Powerade, 16 oz.	100	Powerade Option or G2	20	80
Vitamin Water/Life Water, 20 oz.	125	Flavored water < 10 calories	10	115
Regular beer, 12 oz.	150	<ul style="list-style-type: none"> • Choose a lower-calorie option. • Have fewer drinks. • Have smaller drinks. • Alternate alcohol with water or other zero or low-calorie non-alcoholic drink. 		
Light beer, 12 oz.	110			
Red wine, 4 oz.	80			
Dry white wine, 4 oz.	75			
Margarita, 4 oz.	168			
Martini, 3.5 oz.	140			