

“I like to drink coffee, juice and soda. How many calories are in these drinks?”

Americans drink an average of 400 calories per day!



When we're trying to live a healthy lifestyle with exercise and good nutrition, we often forget about what we drink. We drink without even thinking about it, enjoying a latte in the morning at our desk, having fruit juice, soda, water or tea with lunch, or sipping wine with dinner. But many of these beverages have lots of calories.

Why would drinks such as fruit juice, bottled water or tea have a lot of calories?

The answer can be summed up in one word—sugar. Bottled vitamin water, for example, can have as much sugar as a Snickers bar! When manufacturers add vitamins to the water, the water doesn't taste very good. To compensate, the manufacturers add sugar. Some bottled teas can have as many calories as 25 Hershey's Kisses or 15 Oreos!

Fruit juices are also deceiving.

They can have more calories than soda. Yes, there is fruit in the drinks, but there is also naturally occurring sugar. In a glass of processed juice, there is as much sugar as in a can of soda. When the fruits are made into juices, the skins are usually removed. This process, along with adding preservatives, takes away some of the nutrients and fiber. It is very easy to consume too much juice. It's more beneficial to eat the fruit itself.

Keep an eye on the fat content of your drinks, too.

Did you know if you have a 20-ounce white chocolate mocha latte with whipped cream on top, you're having 620 calories and 17 grams of saturated fat? That's worse than a quarter-pound burger with cheese! Try switching to non-fat milk and an 8-ounce serving size. It will save you 440 calories and 12 grams of saturated fat.

You don't have to give up your favorite drinks altogether. But understand what you're putting into your body, and factor the information into your daily choices. For example, choose skim or low-fat milk in your favorite drinks to reduce calories.

The key is to read the nutrition label.

The label will tell you how many calories, fat and sugar are in one serving. Pay attention to the serving size. If you buy a 16-ounce bottle of fruit juice, the serving size may be eight ounces. If this is the case, remember to double the amount of calories, fat and sugars!

Drink smart!

See other side for a list of beverages with their nutritional value.

Check out this table to see what's really in your favorite drinks.

Beverages	Serving size	Calories	Fat	Sugar (grams)	Sugar (teaspoons)
Water	8 oz.	0	0	0	0
Low-fat or skim milk*	8 oz.	85–100	0–2.5 g	12 g	3
Whole milk or 2%*	8 oz.	120–160	5–8 g	11–12 g	2.75–3
Sports drinks	8 oz.	0–50	0	0–36 g	0–9
Vegetable juice	8 oz.	51	0	8 g	2
Fruit juice	8 oz.	50–100	.1–.7 g	6–10 tsp.	1.5–2.5
Sweetened fruit drinks	8 oz.	75–130	0–.7 g	21–27 g	5.25–6.75
Diet soda	8 oz.	0	0 g	.1 g	.025
Regular soda	8 oz.	97	0 g	27 g	6.75
Energy drinks	8 oz.	112	0 g	0–30 g	0–7.5
Unsweetened coffee or tea	8 oz.	0	0	0	0
Iced coffee with skim milk	8 oz.	40	0	1 g	.25
Latte with half and half	8 oz.	280	24 g	1 g	.25
Latte with syrup, sugar and whipped cream	8 oz.	285	10–15 g	20–33 g	5–8.25
Alcoholic beverages	12 oz. beer 5 oz. wine 1.5 oz. 80-proof	100–200	0 g	Beer: 0 g Wine: 0–1.5 g 80-proof: 0 g	0 0–.375 0

**Don't let the amount of calories discourage you from drinking milk. Milk is a very healthy beverage. Simply factor the calories into your daily meal plan.*

