

## Liquid Calories

### Liquid Calories Add Up Quickly

“Would you like a drink with that?” asks the waitress. Some people think twice before gulping down 1,000 calories of food yet may not even consider the “hidden” calories in beverages. Beverages are a major contributor to overweight and obesity, and sweetened soft drinks add more calories to our diet than any other beverage. Twenty ounces of most beverages—even juice or milk—add up to 200 to 450 calories. To make matters worse, serving sizes for beverages continue to increase. Take a look at the chart below for an example of how easily the calories can add up in just one day.

### We’re Drinking More Calories Than Ever.

| Time                  | Instead of this...<br>Beverage/Calories | Opt for this...<br>Beverage/Calories      |
|-----------------------|---|---|
| Breakfast             | 16 oz. o.j. 224                         | 6 oz. o.j. 84                             |
| Way to work           | 20 oz. coffee with cream and sugar 130  | 8 oz. coffee w/ sugar sub. & skim milk 20 |
| Lunch                 | 24 oz. sweetened iced tea 270           | 24 oz. unsweetened iced tea 0             |
| Afternoon             | 20 oz. coke 253                         | 20 oz. water 0                            |
| Happy Hour            | 2 regular beers 300                     | 1 light beer 100                          |
| Dinner                | 2 glasses wine 168                      | 1 glass red wine 84                       |
| After Dinner          | Bailey's Irish Coffee 472               | Decaf coffee 5                            |
| <b>Total Calories</b> | <b>1817</b>                             | <b>293</b>                                |

It’s easy to see how the calories from beverages can add up to an entire day’s worth of calories.

### Chew Your Calories...Don’t Drink Them

Liquid calories do not trip the satisfaction mechanism in our brain, so when you down a soda or other high-calorie drink before or with a meal, you probably won’t compensate by eating less food. Think twice before you drink that 20 ounce soda or sweetened iced tea. Make water and low-calorie drinks our beverages of choice!



### Strategies for avoiding beverage bloat:

- Order kiddie or small size.
- Ask for ice in your drink. You’ll get less beverage... and fewer calories.
- Get an empty cup or glass & split a beverage with a friend.
- If the waiter offers a free refill, ask for water.
- Don’t have a caloric beverage as a snack to stave off hunger before a meal. It won’t curb your appetite.
- Mix juices with seltzer water.
- Choose club soda or diet soda as a base for mixed drinks.

Source: Nutrition Action Healthletter  
November 2000  
Beverages are not created equal

| Beverage                        | Calories |
|---------------------------------|----------|
| Water or seltzer                | 0        |
| Diet soda                       | 5        |
| Coffee w/ cream                 | 30       |
| Light beer–12 oz.               | 100      |
| Orange juice–8 oz.<br>Sweetened | 110      |
| Iced tea–16 oz.                 | 120      |
| Regular beer–12 oz.             | 150      |
| Martini–2.5 oz.                 | 160      |
| Gin & tonic–7.5 oz.             | 170      |
| Arizona iced tea–20 oz          | 230      |
| Sobe–20 oz.                     | 300      |
| Caffe Mocha –16 oz              | 400      |