

Limit Your Liquid Calories...

“Fluids Fly”

How long would it take for ½ cup of orange juice to pass through your digestive tract? How about an orange? An orange which requires biting and chewing will sit longer than a serving of juice, and therefore satisfy you longer



“Liquid Candy”

Soft drinks, fruit drinks, sweet tea, and sports drinks are a primary source of empty calories in the diet. They don't provide a nutritional benefit to you and they push out other vitamins and minerals.

Keep in mind: most people do not compensate for having calorie filled beverages by eating less at their next meal.

<i>Rethink Your Drink</i>				
	Total Calories	Calories from Sugar	Grams of Sugar	Teaspoons of Sugar
1 Can of Cola (355ml)	140	140	39	10
Vitamin Water (590ml bottle)	125	125	33	8
Orange Juice (250ml, 1/2cup)	110	96	24	6



Keep in mind...

Alcohol can be a double whammy! It is high in calories and can make it difficult for you to make healthy choices!

- 5 oz glass of wine = 125 calories
- 12oz light beer = 110 calories
- 1.5 oz spirit = 100 calories + calories in the mixer

Think before you drink! Tips to limit your liquid calories:

- Liquid Calories don't hide – the nutrition facts table tells you how many calories there are per serving. (*always check the number of servings per bottle as well*)
- Determine the teaspoons of sugar in a drink by dividing the grams of sugar on the label by 4. (ie. A drink with 40 grams of sugar has 10 tsp of sugar)
- Some nutritious drinks **do** have calories such as milk or protein shakes. But these drinks tend to fill you up. *Keep in mind* if the liquid doesn't keep you full for the long haul, it's not the best choice!
- Coffee and tea have 0 calories – but the cream and sugar you add is **not** calorie free.
- Always stay hydrated! Often we think we're hungry when actually we're thirsty, so try having a glass of water to see if that eliminates the 'hunger.'
- Water is always the best choice – if you don't like it plain you can always try flavoured waters, herbal or unsweetened tea, coffee or tea or the occasional 'diet' beverage.
- Carry a water bottle with you – you may be surprised how many times you find yourself reaching for it throughout the day.

