

## 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 then a serving of juice, and therefore satisfy you longer



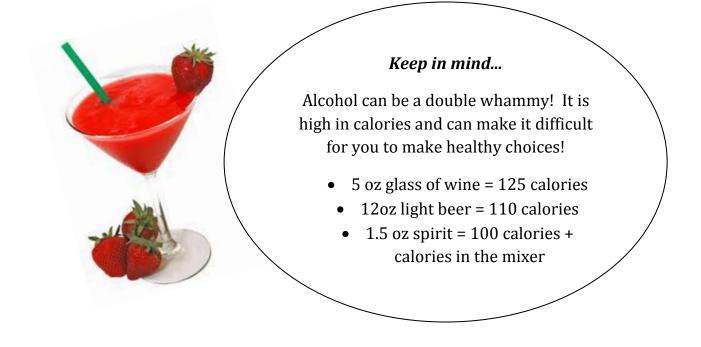


## "Liquid Candy"

Soft drinks, fruit drinks, sweet tea, and sports drinks are a primary source of <u>empty calories</u> 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.

Rethink Your Drink				
	Total Calories	Calories from	Grams of Sugar	Teaspoons of
		Sugar		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



## 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 **<u>not</u>** 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.

