

Don't Drink Your Calories!

You can lose **30 pounds** a year by cutting **300 calories** a day

Working up a sweat?

There's usually no benefit to drinking a sports drink even after exercising.



Water
tap or bottled
any size

0
calories
0
teaspoons
of sugar

Gatorade
or other sports drink
16 oz. bottle

130
calories
9
teaspoons
of sugar



Time for a pick-me-up

Recharge your battery without the harsh jolt to the body.

Green or black tea
iced or hot,
unsweetened
any size



0
calories
0
teaspoons
of sugar

Energy drinks
16 oz. can

280
calories
16
teaspoons
of sugar



For a bit of bubbly

Unsweetened, plain or flavored sparkling water will give you the fizz you crave.

Sparkling water
with a citrus slice
any size



0
calories
0
teaspoons
of sugar

Lemon-lime soda
12 oz. can

150
calories
10
teaspoons
of sugar



When it's hot

Ice-cold, herbal tea will quench your thirst all day without the sugar and caffeine overload.

Iced herbal tea
lots of flavor choices,
unsweetened
any size



0
calories
0
teaspoons
of sugar

Sweet tea
in bottles or cans
20 oz.

225
calories
14
teaspoons
of sugar



Gotta have some java

You don't have to turn your cup of coffee into a milkshake to enjoy a nice cup of joe.

Black coffee
unsweetened
16 oz.



3
calories
0
teaspoons
of sugar

Mocha made with 2% milk,
with whipped cream
16 oz.

330
calories
9
teaspoons
of sugar



Reduce the fat, reduce the calories

Skim Milk (8 oz.) = 86 calories Whole milk (8 oz.) = 150 calories.

Fruit's healthy, right?

Whole fruit packs vitamins and fiber and fewer calories.

Whole fruit
medium-size orange



60
calories
3
teaspoons
of sugar

What about fruit juice?

100% juice delivers nutrients, but less fiber and more sugar.
Orange juice (8 oz.) = 110 calories

Smoothie
strawberry/banana
20 oz.



493
calories
22
teaspoons
of sugar

Added sugar loads you up on calories, not nutrients

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