

# ARE YOU DRINKING TOO MANY CALORIES?

Are you eating a healthful diet and still having trouble losing weight? You may be forgetting to count your beverages! High calorie liquids can lead to weight gain if they are consumed in large amounts. Know what you are drinking before picking up that glass, and pay attention to the portion size.

Alcohol	
Beverage	Calories
12 oz. Regular Beer	153
12 oz. Light Beer	103
12 oz. Ultra Light Beer	96
5 oz. Red Wine	123
8 oz. Daiquiri	448
1 oz. 80 proof liquor	64
8 oz. Pina Colada	432

Soft Drinks	
Beverage	Calories
12 oz. Cola	136
20 oz. Cola	220
12 oz. Clear Soda	151
20 oz. Clear Soda	260
12 oz. Root Beer	152
12 oz. Fruit Flavored	160

Fruit Drinks	
Beverage	Calories
8 oz. Fruit Punch	114
8 oz. Fruit Cocktail	140
8 oz. Kool-Aid®	116
8 oz. Lemonade	100
8 oz. 100% Juice	100-150

Energy Drinks	
Beverage	Calories
8 oz. Gatorade®	58
8 oz. PowerAde®	72
8 oz. Propel Fitness Water®	10
8 oz. Red Bull®	110

Coffee & Hot Drinks	
Beverage	Calories
9.5 oz. Frappuccino	190
16 oz. Cappuccino	150-500
6 oz. Espresso	16
8 oz. Hot Chocolate	150
16 oz. Chai Tea Latte	269



**Adding a 20 ounce regular cola to your otherwise balanced diet, each day for 1 year... could lead to a 26 pound weight gain!**

*continued on back...*



## ■ Choose a beverage with ZERO or few calories

- Plain Water
- Diet Soft Drinks
- Hot or Iced Tea
- Black Coffee
- Flavored Water (sugar free)
- Crystal Light®
- Sugar-free Hot Chocolate

## ■ Choose a beverage that provides nutrition

- Skim or 1% Milk
- 100% fruit juice (no more than 8 oz. per day)
- "Skinny" cappuccino (made with skim milk)



## ■ Remember...

- Calories count no matter where they come from.
- The calories in a soft drink come from added sugar. These are called "empty calories" because they do not provide any other source of nutrition (such as vitamins or minerals).
- The calories in beer mostly come from the alcohol, which provides 7 calories per gram. Carbohydrate in beer is minimal, and only provides 4 calories per gram.
- Drinking alcohol can be a healthy habit, as long as you only drink in moderate amounts. Drinking moderately means 2 drinks per day for men, and 1 drink per day for women.

## Choose Wisely, *Choose* HEALTH!

To learn more, visit the *Choose* HEALTH! website at [www.osfsaintfrancis.org](http://www.osfsaintfrancis.org) [Select "Medical Services", "Outpatient Services", then "Wellness"] or call (309) 282-1624.

References: Bowes & Church's Food Values of Portions Commonly Used. 18th Ed.; nutritiondata.com

\* Teaching hand outs from OSF Saint Francis Medical Center are not medical advice nor are they to be used in place of proper medical care. If you have any questions or concerns about your health or well-being, please talk with your doctor or healthcare provider who knows you best.