

Watch what you drink

It's not just what you eat that can rack up the calories. Check out these common drinks. Cover up the "Calories" column and see if you can guess the calorie count.

Next, try some of the options under "Try this instead" to cut your calorie intake.

| If you usually have ... Drink | Calories | Try this instead ... Drink | Calories |
|--------------------------------------|----------|---|----------|
| Large coffee with cream and sugar | 240 | Small coffee (10 ounces) with cream and sugar | 120 |
| Cola (20 ounces) | 230 | Bottle of water | 0 |
| Sweetened lemon iced tea (16 ounces) | 180 | Sparkling water with natural lemon flavor (not sweetened) | 0 |

Source: New Hampshire Department of Health and Human Services, *Hidden Calories in Drinks* (October 2010): dhhs.nh.gov/dphs/nhp/adults/documents/hiddencalories.pdf.

There's an app for that, right?

If you're eating out, you may not have access to the Nutrition Facts labels. No worries. If you have a smartphone, you can use an app to look up the calorie count of many foods. Just look for a "calorie counter" app.

Gotta have your coffee or smoothie fix? Here's how to indulge without going overboard on the calories.²

- **Do a little homework:** Before hitting a coffee shop or smoothie stand, check their website to see how many calories are in your favorite drink.
- **Skip the whipped cream:** This can add tons of calories and fat to your drink.
- **Ask for fat-free (skim) milk:** Instead of whole milk, order fat-free milk. Did you know that steamed milk comes out best when made from fat-free milk?
- **Just say no to syrup:** Flavored syrups like vanilla and hazelnut are full of sugar and add lots of calories. If you have a sweet tooth, ask for powdered cinnamon or nutmeg – they don't add calories.
- **Order a "skinny" coffee:** This is made with nonfat milk and uses sugar-free flavorings.

Sugar by any other name³

When you scan the ingredient list, are you only looking for "sugar"? If you're not careful, you might miss a sweetener with just as many calories as sugar. Here's what to watch for:

- High-fructose corn syrup
- Fruit juice concentrate
- Corn sweetener
- Corn syrup
- Honey
- Syrup
- Sucrose
- Fructose
- Dextrose
- Lactose
- Maltose
- Molasses
- Brown sugar
- Sorbitol

¹ U.S. Food and Drug Administration, *How to Understand and Use the Nutrition Facts Label* (November 2004): fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm.

² WebMD, *Hidden Calorie Countdown* (December 2003): webmd.com.

³ New Hampshire Department of Health and Human Services, *Hidden Calories in Drinks* (October 2010): dhhs.nh.gov/dphs/nhp/adults/documents/hiddencalories.pdf.