



Beverages that make or break your diet. . .

Beverages now account for 10 -15% of the calories consumed by children and adolescents according to the American Journal of Preventive Medicine. Many of the calories associated with beverages are empty calories, calories that are not really nutritionally valuable to our bodies, and end up on our waistlines. The table below demonstrates the large number of calories that are in common beverages that are consumed, but it also shows a few alternatives.

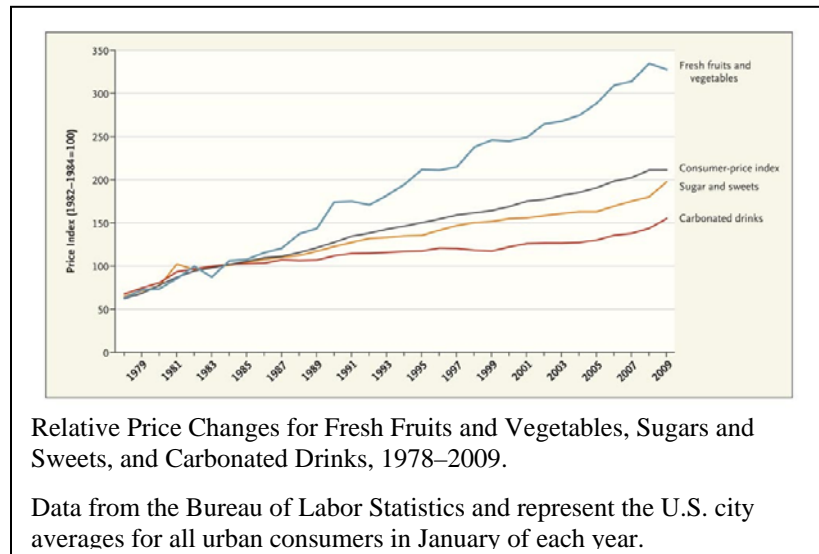
Beverage	Size	Calories
Beer, Light	12 fl oz	103
Coke	12 fl oz	140-150
Crystal light powder	1 serving	5
Glaceau Vitamin Water	20 fl oz	100
Hawaiian Fruit Punch	12 fl oz	180
Lipton Green Tea diet w/citrus	16.9 fl oz	0
Lipton Green Tea w/citrus	16.9 fl oz	169
Mojito	10 fl oz	172
Monster Energy Drink	16.2 fl oz	200
Orange Juice	8 fl oz	110
Orange Juice, Light	8 fl oz	50
Vodka and Cranberry	6 fl oz	173

Since beverages have been found to have so many extra calories, some have even proposed place a tax on soda. Will the tax stop individuals from drinking sugar infused drinks that contain large numbers of empty calories? As has been seen time and time again, it is often not just the soda that is the problem.

Dr. David Katz responds with the fact that an avalanche kills people, but is there a one snowflake that

caused the avalanche. Will one beverage kill you? Probably not, but it is important that you are cognitive of what you drink as it all adds up in the end

There are many reasons why beverages could be blamed for the obesity epidemic. Look at the costs of fresh fruits soaring in the graph while carbonated beverages continues to remain the least expensive. As economic times get tough and it seems like the right choice is to save money and buy the cheap item, it is important to remember the big picture of our health for the future.



Simple solutions include checking the table above for a lower calorie option, reading the label or even just sticking to water. Water will continue to satisfy your thirst and allow you to fit in with everyone else who has a drink Then you can know that your beverage of choice will not be the determining factor that makes or breaks your diet.