

Lose and Win



Tip of the week

Re-think your drink

Are you drinking your calories? These calories can really add up. You don't have to give up your favorite beverages, just be sure to count the calories you are drinking. Try switching to low- or no-calorie beverages or a smaller size if you're trying to cut calories. And remember to drink plenty of water, the natural zero-calorie beverage.

	Instead of...	Try...	Calories saved
Breakfast	1 cup whole milk on cereal	1 cup of skim milk on cereal	60
Mid-morning	20 oz of orange fruit drink	8 oz of 100% orange juice	176
Lunch	Large sweet tea	Large low-calorie sweet tea	209
Afternoon	Medium specialty coffee-drink	Medium coffee with Tbsp of cream and sugar packet	140
Drive home	12 oz can of regular soda	12 oz can of diet soda	135
Dinner	8 oz glass of red wine	4 oz glass of red wine	98
Total Calories Saved			818

