

Liquid Calories

Many beverages contain sugars, fats, and alcohol which can be major sources of calories. For weight control, it is better to eat calories rather than to drink them.

Water is the best beverage choice because it has no calories!

Limit Sugary Drinks: Instead of...

Regular soda
Sweet tea

Coffee with sugar

Fruit drink, cocktail or punch
Lemonade

Limit High Fat Drinks: Instead of...

Milkshakes

Whole milk, 2% milk
Half-and-half, creamer

Limit or Avoid Alcohol: Instead of...

Regular beer
Wine
Mixers

Choose...

Diet soda
Tea, unsweetened or with artificial sweetener
Coffee, unsweetened or with artificial sweetener
100% fruit juice with no added sugar
Diet lemonade



Choose...

Low fat yogurt/fruit smoothies
1% milk, skim milk
Fat-free half-and-half, 1% milk, skim milk



Choose...

Lite beer
Wine spritzer
Sugar-free mixers or seltzers

