

- Fat-free or no sugar added varieties of hot cocoa mix.
- Alcohol-free beers, wines, and ciders.

Go Easy On

- Sugar-sweetened carbonated beverages and other sugary drinks.
- Drinks sweetened with corn syrup or high-fructose corn syrup. (Both are liquid sugars used in beverages and have the same number of calories as regular sugar or cane sugar.)
- Whole milk and full-fat dairy drinks, such as milk shakes.
- Flavored coffee mixes that contain coconut oil or hydrogenated oils.
- Beer, wine, liquor, and other alcoholic beverages.

Food for Thought

- Tap water or filtered tap water is a free, environmentally friendly substitute for bottled water. If your tap water does not taste good, buy your favorite bottled water.
- Sparkling water has natural or added carbonation.
- Nutrient-fortified waters and fitness waters contain added vitamins, minerals, and sometimes flavors, oxygen, or antioxidants. There is no evidence that flavors or oxygen provide health benefits.
- Club soda, plain seltzers and mineral waters, some plain and flavored mineral waters, sugar-free tonic water, and sugar-free fruit drink mixes are calorie free.
- For “homemade” flavored water add slices of

lemon, lime, apple, pineapple, or cucumber to water. Cover and chill the water in your refrigerator.

- Green, black, and white teas contain antioxidants that may enhance immunity and promote heart health.
- Sports drinks contain carbohydrates and electrolytes. Some also contain protein. These beverages help keep your body hydrated during and after prolonged exercise.
- Energy drinks often provide large amounts of sugar and usually have much higher levels of caffeine than coffee or tea. Label reading can help you choose products that are lower in sugar, but manufacturers are not required to list the amount of caffeine on the label.
- Sweetened sodas, lemonade, sweet iced tea, and many flavored waters have 130 to 210 calories per 12-ounce serving, all from sugar. That adds up to 8 to 14 teaspoons per glass or can. The sugar can come from beets, corn, or sugarcane. All add sweetness without other nutrients.
- Sugar-free drinks and drink mixes contain less than a half gram of sugar per serving. Reduced-sugar varieties have at least 25% less sugar than regular varieties. Drinks with no added sugar contain only natural sugars but often have artificial colors and flavors.
- Save money by making coffee and tea at home rather than buying it at restaurants or coffee shops.
- Instead of cream or powdered coffee creamers, add canned evaporated fat-free or low-fat milk,

fat-free half-and-half, fat-free dry milk, or fat-free milk to your coffee.

- Red wine may contain antioxidants with anti-aging and anti-cancer properties. Too much alcohol, especially in sensitive individuals, increases blood pressure and can lead to weight gain. Pregnant women should not drink alcohol. Concord grape juice provides similar antioxidants without risks from alcohol.
- A serving of wine is 5 ounces; a serving of beer is 12 ounces; and a serving of liquor is 1½ ounces. Moderate alcohol use means 1 serving per day for women and 2 servings per day for men of wine, beer, or liquor.
- Alcohol-free wines and beers usually contain fewer calories than wines and beers with alcohol.