

Better Drink Choices Made Easy

Use Nutrition Facts wisely

Below is the Nutrition Facts label on a 20-ounce bottle of soda. It says that one serving is 8 ounces, and it tells you that there are 2½ servings in the bottle. Finally, it lists the calories in one serving (100).

To figure out the calories in the whole bottle, multiply the calories in one serving by the number of servings in the bottle ($100 \times 2\frac{1}{2}$). If you were to drink the whole bottle, you would take in 250 calories.

Calories on the go

Coffee drinks and smoothies may sound healthy. However, the calories in some of your favorite items may surprise you. Check the website, or ask to see the Nutrition Facts. And when a coffee or smoothie craving kicks in, try these tips:

At the coffee shop:

- Ask for your drink to be made with skim milk instead of whole milk.
- Order the smallest size you can get.
- Hold the flavors. The flavor syrups contain sugar and add calories.
- Skip the whip. The whipped cream on top of coffee drinks adds calories and fat.
- Order a plain cup of coffee with skim milk. Or, drink it black.



NUTRITION FACTS LABEL	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount per serving	
Calories	100

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At the smoothie stand:

- Order a child's size, if possible.
- Pick the smoothie with the least calories.
- Ask for your smoothie to be made without added sugar.
- Ask for water, skim, or almond milk as the liquid in your smoothie instead of juice. Fruit is naturally sweet.

Here are some ideas for healthier drinks:

- Add a splash of 100% juice to plain sparkling water.
- Carry a water bottle. Refill it all day long.
- Choose water or sparkling water.
- Drink tea or coffee without sugar. Enjoy them hot or cold.
- Flavor water with no-calorie drink mix.
- Have fun with water. Add slices of lemon, lime, cucumber, or watermelon.
- Keep a pitcher of water in the fridge. Or add ice to water.
- Put your pitcher of water on the table during meals.
- When you do get drinks that contain sugar, choose the smallest size you can get.
- Choose light beer instead of regular or craft beer.
- Instead of a high-sugar mixed drink, choose a vodka soda.

