

# Rethink Your Drink

One way to cut calories is to think about what you drink. Drinks don't fill you up the way food does. And, as you can see below, calories from drinks can really add up!

But here's the good news: If you replace drinks that are high in calories with drinks that have low or no calories, you can save 730 calories a day!

Source: [Rethink Your Drink, Department of Health and Human Services, Centers for Disease Control and Prevention.](#)

Instead of...	Calories	Try...	Calories	Calories saved
Medium caffè latte (16 ounces) made with whole milk	265	Small caffè latte (12 ounces) made with fat-free milk	125	140
20-ounce bottle of regular cola	227	Bottle of water or sparkling water	0	227
Sweetened iced tea from the vending machine (16 ounces)	180	Water or unsweetened tea with a slice of lemon or lime	0	180
A glass of regular ginger ale (12 ounces)	124	Sparkling water with a splash of 100% fruit juice	30	94
Regular beer (12oz)	192	Light beer (12oz)	103	89
Total calories:	988		258	730

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Another way to cut calories is to think about the size of what you drink. This chart shows the calories in a variety of drinks, from highest to lowest. For high-calorie drinks, size really matters!

Type of drink	Calories in 20 oz.	Calories in 12 oz.	Calories saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon/lime soda	247	148	99
Regular cola	227	136	91
Sweetened lemon iced tea (bottled, not homemade)	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Sparkling water (unsweetened)	0	0	0
Water	0	0	0

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Milk contains vitamins, minerals, and protein. It can be a healthy choice when consumed in moderation or when you choose low-fat or fat-free milk. Choosing low-fat or nonfat dairy products is a good way to cut calories and still get the nutrition your body needs.

Source: USDA National Nutrient Database for Standard Reference

Type of milk	Carlories in 8 ounces
Chocolate milk (whole)	208
Chocolate milk (2%)	190
chocolate milk (1%)	158
Plain milk (whole)	150
Plain milk (2%)	120
Plain milk (1%)	105
Plain milk (fat free)	90

## Drinks and Weight Loss

If you need to lose weight, experts recommend trying to lose weight at a rate of no more than 1 to 2 pounds per week. Most people need to cut roughly 500 calories a day to lose 1 pound per week. Cutting the calories in your drinks can help you reach this goal.