

Understanding Liquid Calories

Restrict Your Intake of Liquid Calories... Consider Your Beverage Choices Nutritional Breakdown: Total Calories and Calories from Sugar Grams of Sugar and Equivalent Teaspoons Example Serving Sizes and Caloric Content:

- 1 Can of Soda (355ml): 140 calories, entirely from sugar, amounting to 39 grams or 10 teaspoons of sugar.
- Vitamin-Enhanced Water (590ml bottle): 125 calories, all from sugar, with 33 grams or 8 teaspoons of sugar.
- Orange Juice (250ml, 1/2 cup): 110 calories, with 96 calories from sugar, translating to 24 grams or 6 teaspoons of sugar.

"Rapid Digestion of Fluids" Consider the time it takes for half a cup of orange juice to traverse your digestive system compared to a whole orange. The physical act of biting and chewing an orange means it remains in your stomach longer, extending feelings of fullness, unlike its juiced counterpart.

"Sugary Beverages: The Hidden Snare" Sodas, fruit-flavoured drinks, sweetened teas, and sports drinks are significant sources of "empty" calories, lacking in nutritional value. Rather than nourishing you, they displace essential vitamins and minerals from your diet.

Bear in Mind: Individuals typically do not offset the intake of calorie-dense drinks by consuming less food at subsequent meals.

Drink Wisely! How to Minimize Your Liquid Calorie Consumption:

- Nutrition labels are transparent – they reveal the calorie count per serving. Remember to check the number of servings in each bottle.
- To calculate the sugar content in teaspoons, divide the grams of sugar listed on the label by 4. (e.g., A beverage with 40 grams of sugar contains 10 teaspoons of sugar.)
- Beverages like milk or protein shakes, although caloric, also provide nutrition and tend to be more satiating. Always consider whether a liquid choice will keep you satisfied over time when choosing your drink.
- Coffee and tea are naturally calorie-free but remember that added cream and sugar are not.
- Avoid mistaking thirst for hunger. Try quenching your thirst with water first to see if it addresses your hunger pangs.
- Water is the superior choice – enhance its appeal by opting for flavoured water, herbal, or unsweetened tea. Even an occasional diet drink is a better option.
- Keeping a water bottle on hand can increase your water intake significantly as you'll likely drink from it throughout the day.

Remember... Alcohol presents a dual challenge: high in calories and it may impair your ability to make health-conscious decisions.

- 5 oz glass of wine = 125 calories
- 12 oz light beer = 110 calories
- 1.5 oz of spirits = 100 calories (plus any additional calories from mixers)

