

JANUARY

Sweetened beverages like soda, sweet tea, and fruit juices are filled with added sugar and loaded with empty calories. Liquid calories can often times sabotage a person's efforts at weight loss because they are not as satisfying and provide little nutritious value. Just think.....would you ever just *eat* 10 Tsp. of sugar? Probably not! When it is in liquid form though, we generally don't consider how it may affect our caloric intake for the day.

Type of Beverage	Calories	Grams of Added Sugar	Tsp. of Added Sugar
Can of Soda (12 oz)	150	40	10
Soft Drink (small – 22 oz)	260	65	16
Soft Drink (med. – 32 oz)	380	100	25
Soft Drink (large – 44 oz)	525	135	34
Drink Box (10% juice)	100	23	6
Lemonade (bottled -20 oz)	205	55	14
Sweet Tea (20 oz)	220	50	13
Sports Drink (20 oz)	125	35	9
Chocolate Low-Fat Milk	155	16	4

Beverages labeled as *diet* or *light* often times are sweetened with artificial sweeteners and generally have no caloric value. However, research is still out on the affects artificial sweeteners have on the body. Therefore, as with most things, it is important to consume them in moderation.