



# ARE YOU POURING ON THE POUNDS?

## Don't Drink Yourself Fat!

### Go with water, seltzer or low-fat milk instead.

#### 1. Drink plenty of water.

- Nothing quenches thirst better than water.
- Water is naturally sugar-free and calorie-free.
- OKC water tastes as good as bottled water, or better – and it's free. Get your fill!
- If you crave fizz, try seltzer.

#### 2. Choose fat-free or 1% milk.

- Fat-free and 1% milk have all the protein, calcium, vitamins and other nutrients of whole milk, with fewer calories and less fat. Unlike sugary drinks, milk is good for your bones!
- Almost everyone over age 2 should drink fat-free or 1% instead of whole milk.
- If you prefer soy milk, choose low-fat, light or unflavored.

#### 3. Switch from juice to whole fruit.

- Most kids get too much juice and too little fruit.
- Fruit juice isn't as healthful as most people think. It's loaded with calories.
- Whole fruit has fewer calories, and unlike juice, it has fiber. Fiber helps keep you healthy. It also helps you feel full.
- Don't waste money on punch and fruit-flavored drinks. These are just flavored sugar water.

#### 4. Skip sports drinks and "energy" drinks.

- Most are high in sugar and low in nutrients, and energy drinks are loaded with caffeine.
- Water is all you need to stay hydrated, even while exercising.

#### 5. Watch out for coffee and tea drinks and shakes.

- Check calories on the menu boards (see chart). You'll probably be surprised by how many calories are in popular drinks.
- If you drink coffee or tea, order it plain (practically calorie-free) and lightly flavor it yourself.

#### 6. Downsize!

- If you do have a sugar-sweetened drink, cut calories and save money by ordering a "small" instead of a "large."
- Cut portion sizes by using small, 6-ounce glasses.
- If you do drink juice, add some water or seltzer to cut calories (and make it last longer).



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| Drink                              | Number of Calories | Teaspoons of Sugar |
|------------------------------------|--------------------|--------------------|
| Iced White Chocolate Mocha (16 oz) | 340                | 18                 |
| Cola (20 oz)                       | 250                | 15                 |
| Lemon Lime Soda (20 oz)            | 240                | 15                 |
| Orange Delight Drink (16 oz)       | 225                | 15                 |
| 100% Apple Juice (16 oz)           | 220                | 15                 |
| Lemon Flavored Iced Tea (20 oz)    | 210                | 15                 |
| Café Latte (16 oz)                 | 190                | 10                 |
| Sports Drink (20 oz)               | 120                | 10                 |
| Water, Seltzer (20 oz)             | 0                  | 0                  |

## More Information and Help

- Oklahoma City-County Health Department: [www.occhd.org/wellnessnow](http://www.occhd.org/wellnessnow)
- Center for Disease Control and Prevention (tips to maintain healthy weight) [www.cdc.gov/nccdphp/dnpa/healthyweight/healthy\\_eating/drinks.htm](http://www.cdc.gov/nccdphp/dnpa/healthyweight/healthy_eating/drinks.htm)
- U.S. Department of Health and Human Services (dietary guidelines): [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)
- U.S. Department of Agriculture (dietary guidelines): [www.myplate.gov](http://www.myplate.gov)