

“Summertime and the living’s easy...” so eating healthy should be easy too, right? With an abundance of fruits and vegetables in season during the summer months, whipping up fresh recipes can be a snap. However, one of the pitfalls during these warm months can actually be those cold, refreshing drinks that are all around us. Read on to see which popular summer beverages can add on some sneaky pounds, and which ones will keep you hydrated and satisfied.

## 1. If you like Piña Coladas...

- ★ The average piña colada contains 245 calories and 30 grams of sugar per half cup, but remember that the serving size at bars and restaurants can often be much larger. For instance, a piña colada at California Pizza Kitchen packs a total of 465 calories!
- ★ If you’re really craving one of these, portion size is key. Aim to only have one drink or pass on ordering dessert for the night.



## 2. The story with smoothies: the good, the bad, and the ugly

- ★ Smoothies these days can be very deceiving – although they appear to contain fruit and milk, many are actually just loaded with sugar and fat. Some scary smoothies:
  - An original size (24 oz) Peanut Butter Moo’d from Jamba Juice contains 770 calories and 20 grams of fat!
  - A large (32 oz) Dunkin’ Donuts Vanilla Bean Coolatta holds a whopping 860 calories and 11 grams of fat!
- ★ However, all smoothies don’t deserve a bad rap. Your best bet to ensure that your smoothie provides maximum nutrition is to make it at home. See our homemade smoothie recipe below, using fresh and natural ingredients.

### ★ Homemade Smoothie: Berries and Bananas (Makes two 10-oz servings, 200 calories per serving)

- 6 oz greek non-fat yogurt, vanilla or plain
- 1 small banana
- 4 oz orange juice
- 1 Tbsp honey
- 1 cup frozen mixed berries
- 3-4 ice cubes

★ Directions: Add all ingredients to a blender and mix away until creamy smooth!

## 3. Wastin’ away again in Margaritaville...

- ★ ...may not always be the best choice for your waistline. A nonalcoholic strawberry margarita from Red Lobster contains 340 calories – add a shot of tequila and you’re up to 440 calories!
- ★ Slim it down: A “SkinnyBee” Margarita from Applebee’s only contains 100 calories.



## 4. Good ‘ole H2O – the true thirst quencher

- ★ Did you know that one 20 oz bottle of Gatorade or Vitamin Water contains about 125 calories and 6 teaspoons of sugar? While one claims to quench your thirst, and the other boasts vitamins/minerals, each provides unnecessary calories and sugar.
- ★ If you’re really craving some fancy water that’s sure to be a crowd pleaser, try the recipe for “Spa Water” below:



### ★ “Spa Water”: Lemon, Cucumber & Mint H2O (Makes 16 servings)

- 1 gallon water
- 1 cucumber, sliced
- 1 lemon, sliced
- 1 sprig mint leaves



★ Directions: Wash and slice lemons and cucumbers. Pour water into a pitcher. Put lemons, cucumbers, and mint in the pitcher and let it sit in the fridge. For maximum flavor, soak overnight.