

Are You Drinking Away Your Healthy Diet?

Many people don't think to count drinks towards their daily calorie intake, but common beverages (including specialty coffee drinks, soda and juice) can contain a lot of calories, fat and sugar. Excess "hidden" calories can cause rapid weight gain. Check out the list below to see how some high calorie drinks compare to their food counterparts.

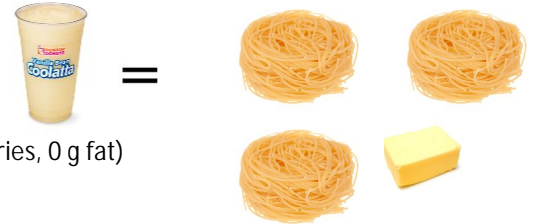
Large (32 oz) Dunkin' Donuts Vanilla Bean Coolatta = 860 calories, 11g fat

Which is like having ... 3 cups pasta with 1 tablespoon butter

In order to burn these calories you would have to...

Jog for 1 hour at a 7 mph (miles per hour) pace

*Make it slimmer ... order a small (16 oz) coffee Coolatta with skim milk (210 calories, 0 g fat)



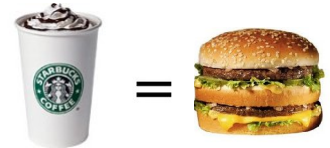
Starbucks Venti (20 oz) Hot Chocolate with Whole Milk & Whipped Cream = 560 calories, 30g fat

Which is like having ... a McDonald's Big Mac

In order to burn these calories you would have to...

Swim for 68 minutes at a pace of 50 yards per minute

*Make it slimmer ... order hot chocolate with skim milk and no whipped cream (320 calories, 3g fat)



Starbucks Venti (20 oz) Frozen Mocha Frappuccino with Whipped Cream = 510 calories, 17g fat

Which is like having ... a 7-layer burrito from Taco Bell

In order to burn these calories you would have to ...

Bike for 75 min at a 12 mph

*Make it slimmer ... order an iced mocha with skim milk (220 calories, 3.5g fat)



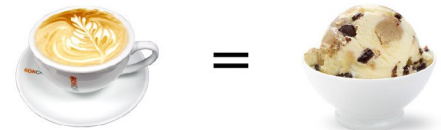
Large (20 oz) Latte with Whole Milk = 290 calories, 15g fat

Which is like having ... ½ cup chocolate chip cookie dough ice cream

In order to burn these calories you would have to ...

Play tennis singles for 50 minutes

*Make it slimmer ... order a latte with skim milk (170 calories, 0g fat)



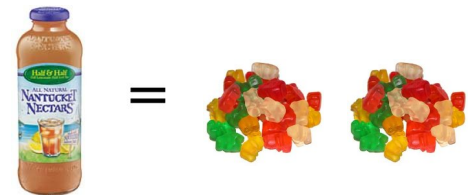
Nantucket Nectar Orange Mango (17.5 oz) Bottle = 265 calories, 66g sugar

Which is like having ... 30 gummy bears

In order to burn these calories you would have to ...

Jump rope for 20 minutes

*Make it slimmer ... with a diet Snapple (0 calories, 0g sugar)



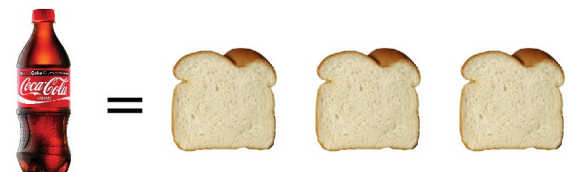
Coca Cola (20 oz) Bottle = 240 calories, 66g sugar

Which is like having ... 3 slices of white bread

In order to burn these calories you would have to ...

Walk at a 2 mph pace for 1 hour

*Make it slimmer ... with a diet Coke or Coke Zero (both 0 calories, 0g sugar)



Take Away:

Keep in mind that we typically recommend 100-200 calories for a snack, so even just one latte can put you over the calorie level for a snack – and drinks don't tend to fill you up as much as food does. Some drinks even contain more calories than a typical meal. Everyone can treat themselves once in a while, but remember to be mindful about "hidden" liquid calories.

Calories burned are adapted from the American Heart Association and are based on a 150-pound person.