

THE DOT



Sip Smarter

Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.

Check Out These Options for Reducing Calories in Your Beverages

Occasion	Instead of . . .	Calories	Try . . .	Calories
Morning coffee shop	Medium café latte (16 oz) made with whole milk	265	Small café latte (12 oz) made with skim milk	125
Lunchtime	20-oz bottle of non-diet soda	227	Water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 oz)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	Non-diet ginger ale with your meal (12 oz)	124	Water with a slice of lemon or lime, or seltzer water with 100% fruit juice	0 calories for the water, ~30 for seltzer water with juice
Calories		796		125-155

Source: USDA National Nutrient Database for Standard Reference.
<http://www.nal.usda.gov/fnic/foodcomp/search/>



GREEN  almost anytime YELLOW  sometimes or less often



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