

# Are You Drinking Your Dinner?

A latte, a soda, a smoothie, and a beer? That's **HALF YOUR RECOMMENDED DAILY CALORIES**. *By Jamie Beckman*

**A**N EGG-WHITE OMELET FOR BREAKFAST, chicken for lunch, a turkey burger for dinner — that's all good and lean. But have you paid attention to your liquid intake? A recent study found that beverages, from coffee to smoothies to beer, account for 22 percent of the calories in an average American's diet — an alarming number when you factor in the number of sugar-loaded sodas we drink each day. And it's not just the 64-ounce Double Gulp that are a problem. A quick sampling of popular beverages shows that those extra calories can come from unexpected places. For example, that healthy-sounding fruit smoothie you drank this afternoon could have packed nearly 500 calories, almost a fifth of the healthy daily allowance for the average active guy.

The easy solution is to switch to diet soda, water with lemon, or unsweetened tea. For sweetened drinks, switch to a beverage such as an orange juice with added dietary fiber. If you can't live without the soda, order the smallest size and drink it with a meal; that will keep your blood sugar from spiking and help prevent you from becoming irritable and hungry after the buzz wears off. Most important, though, is just to remember how quickly the calories you drink can add up.

**COFFEE**  
with a tablespoon each of whole milk  
and sugar

59 calories  
0.5 g fat  
13 g carbs  
14 g sugar



**MARTINI**  
3 oz

205 calories  
0 g fat  
1.7 g carbs  
0.2 g sugars



**MOUNTAIN DEW**  
12-oz can

170 calories  
0 g fat  
46 g carbs  
46 g sugars



**GUINNESS**  
1 pint (16 oz)

168 calories  
0 g fat  
13.3 g carbs  
10.7 g sugars



**SNAPPLE**  
Fruit Punch  
16-oz bottle

220 calories  
0 g fat  
58 g carbs  
54 g sugars



**ROCKSTAR**  
ENERGY DRINK  
16-oz can

260 calories  
0 g fat  
62 g carbs  
60 g sugars



**7-ELEVEN**  
SLURPEE  
28 oz

385 calories  
0 g fat  
105 g carbs  
105 g sugars



**SONIC**  
Cherry Limeade  
32 oz

340 calories  
0 g fat  
91 g carbs  
88 g sugars



**STARBUCKS**  
Vanilla Latte  
Venti (20 oz) with  
whole milk

400 calories  
16 g fat  
49 g carbs  
46 g sugars



**NAKED JUICE**  
Blue Machine  
Superfood  
15.2-oz bottle

319 calories  
0 g fat  
77 g carbs  
54 g sugars



**JAMBA JUICE**  
Strawberry Surf  
Rider  
24 oz

490 calories  
1.5 g fat  
119 g carbs  
107 g sugars



**7-ELEVEN**  
BIG GULP filled  
with Coca-Cola  
32 oz

400 calories  
0 g fat  
108 g carbs  
108 g sugars

