HEALTH & FITNESS

Are You Drinking Your Dinner?

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

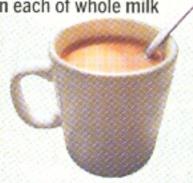
N EGG-WHITE OMELET FOR BREAKFAST. chicken for lunch, a turkey burger for dinner — that's all good and lean. But have you paid attention to your liquid intake? A recent study found that beverages, from coffee to smoothies to beer, account for 22 percent of the calories in an average American's diet - 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 Gulps that are a problem. A quick sampling of popular beverages shows that those extra calories can come from unexpected places. For example, that healthysounding 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

