

Out & About Beverages

Need something to quench your thirst? Or, a little pick me up in the morning before class? Sodas, milk, fruit juices, water, coffee, lattes, teas ... take your pick. But, watch the calories!

Beverage Scores!

Water is a Winner! Whether from the tap or bottle, water is refreshing and is the number one thirst quencher. Make it your beverage of choice. Water is great for the body, inside and out.

Beverage Scores!

Milk is a nutrition powerhouse! Go for the low-fat or fat-free varieties. Fat-free chocolate milk has all the same nutrients and makes a tasty choice. Milk is a great source of calcium, phosphorus and protein.

Beverage Buddies

Be coffee conscious! Generally, the 'morning Joe' coffee or an espresso does not contain significant calories when served black. Watch out for added sugar and calories in lattes, cappuccinos, macchiatos and mochas.

Beverage Scores!

100% fruit or vegetable juices pack a nutritional punch. Get a great supply of Vitamin C, Vitamin A or more. Watch the label for added sugars!

Beverage Scores!

Tasty Teas! Teas are great for a mid-day, attitude adjustment. Unsweetened green or black tea offer a boost of antioxidants. Try a variety of flavors to find the taste you crave.

Beverage Buddies

Shakes, smoothies and frappuccinos can be trimmed of calories, if made with fat-free milk or fat-free frozen yogurts. Always ask for lighter options.

Beverage Busts!

Sodas and Fountain Drinks:

- A 12-ounce can of regular soda contains 110+ calories.
- Fruit drinks are not the same as 100% fruit juice and often contain as many calories as soda.
- Labels may say "fruit", but be sure to check for the percentage of juice.

Add and Subtract: Makes your favorite drinks funky and fun!

- Ask for fat free milk instead of whole milk.
- Remember whipped topping adds extra calories.
- Ask for sugar-free flavoring and syrups.
- Use the least amount of sugar possible or an artificial sweetener.