



ACTION STEPS FOR WELLNESS

Control calories.
Rethink your drinks.



Calories from everything you drink can really add up. Decide how much of your calories you want to spend on drinks.



Choose:	Calories	Instead of:	Calories
Dannon Light & Fit 0 + Smoothie (7 oz.)	90	Sonic Drive in Smoothie (15.3 oz.)	460
Café latte (12oz.) with fat-free milk	125	Café latte (16 oz.) with whole milk	265
Black coffee (12 oz.)	0	Frappaccino Caramel (12 oz.)	250
Iced Tea no sugar (16 oz.)	0	Sweet tea (16 oz.)	110
		Long Island iced tea (16 oz.)	532
Water with a lemon or lime	0	Lemon-lime soda (12 oz.)	144
Dry white wine (5 oz.)	120	Frozen Margarita (5 oz.)	230

Look up calories at calorieking.com.