



### 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	Frappuccino Caramel (12 oz.)	250
Iced Tea no sugar (16 oz.)	0	Sweet tea (16 oz.)	110
Water with a lemon or lime	0	Long Island iced tea (16 oz.)	532
Dry white wine (5 oz.)	120	Lemon-lime soda (12 oz.)	144
		Frozen Margarita (5 oz.)	230

Look up calories at [calorieking.com](http://calorieking.com).