

No Refills Please

Obesity rates are staggering – it's estimated 66% of Americans are overweight and liquid calories are part of the problem. When it comes to managing your weight, remember to account for liquid calories and moderate your intake.

Follow these three tips to avoid packing on the pounds:

1. Think before you drink

Be mindful of beverages loaded with caloric ingredients – sugar, corn syrup, fructose, milk, cream, syrup, special flavoring and even fruit juice. When it comes to managing your weight, calorie-free water will always be your best bet.

2. Calculate the “total calories” you'll be drinking – not just one serving.

Many beverages list calories per serving, but pack 2 or more servings into each bottle. Make sure you look at the serving size... and calculate how many servings (and total calories) are included in one container.

3. Healthy drinks can also pack on the pounds

Just because a product claims to be “all natural,” or contain “no refined/added sugars,” doesn't mean it's caloric-free. For example, 100% fruit juice and fruit smoothies are filled with nutrition but also often high in calories. If you're watching your weight you are better off eating fruit versus drinking it.

Soda

Soda (12-oz can) = 150 calories

Soda (20-oz bottle) = 250 calories

Large movie theatre soda (44-oz) = 550 calories

Tea and Coffee Drinks

Snapple Peach Iced Tea (16-oz bottle) = 200 calories

Arizona Lemon Iced Tea (20-oz bottle) = 225 calories

Starbucks Mocha Frappuccino:

- Tall (12-oz) = 200 calories

- Grande (16-oz) = 260 calories

- Venti (24-oz) = 380 calories

Starbucks Caramel Macchiato = Grande (16-oz) = 270 calories

Fruit Beverages

POM Pomegranate Juice (16-oz bottle) = 320 calories

Orange Juice (pint container, 16-oz) = 220 calories

Orange Juice (one cup) = 110 calories

Naked Juice-Orange Mango Motion (16-oz container) = 240 calories

Country Time lemonade (12-oz can) = 130 calories

Minute Maid lemonade (20-oz bottle) = 260 calories

Flavored Waters and Sports Drinks

Vitamin Water (20-oz bottle) = 125 calories

Life Water (20-oz bottle) = 125 calories

Gatorade (20-oz bottle) = 125 calories

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