

Maintain Don't Gain: Holiday Beverages



Tips to Make Holiday Beverage Choices Healthier

- ❑ **Fact:** Sugar occurs naturally in many foods, but consuming mixed drinks and specialty drinks or coffees with added sugars can add 3-8 tsp of sugar (per drink) to your daily intake.
- ❑ **Sugar may be used as fuel.** A moderate amount of sugar is used daily by your body as fuel; but, excessive amounts of added sugar (>9 tsp for men, >6 tsp for women) can result in increased calorie intake and obesity, which may lead to a number of chronic medical conditions.
- ❑ **Order carefully.** Specialty coffees and hot cocoas can be loaded with sugar. Order your drink with sugar free syrup, sugar substitutes, low-fat milk. Caution with extra calories from whipped cream and flavored drizzle on top.
 - ✓ Starbucks® Peppermint Mocha (16 oz, 2% milk, whipped cream): **440 calories**
 - Skinny Starbucks® Peppermint Mocha (12 oz, skim milk, sugar free syrup): **100 calories**
 - ✓ Starbucks® Pumpkin Spice Latte (16 oz, 2% milk, whipped cream): **380 calories**
 - Skinny Starbucks® Pumpkin Spice Latte (12 oz, skim milk, sugar free syrup): **100 calories**
- ❑ **Stay hydrated.** Limit your alcohol consumption by alternating each drink with a glass of water.
- ❑ **Be mindful of drink choices.** Consider the following options for some of your favorite holiday drinks:

✓ **Lower sugar options:**

<i>Traditional Mixer</i>	<i>Grams of Sugar (per 8 oz serving)</i>	<i>Sugar Free Alternative (0g sugar)</i>
Cola/Lemon lime soda	26g	Sugar free soda
Tonic Water	22g	Club soda/Seltzer (or SF tonic)
Red Bull	27g	Club soda/Seltzer with splash of 100% fruit juice

✓ **Monitor Calories.**

<i>Drink</i>	<i>Calories</i>	<i>Lighter Drink</i>	<i>Calories</i>
Bloody mary (10 oz)	300	Red wine (4 oz)	100
Craft beer (12 oz)	175	Light beer (12 oz)	100

- ✓ Set a Week 3 S.M.A.R.T Goal:

Specific: Be specific about details about how and when.

Measurable: Identifies when success is obtained.

Action-based: Behaviors or actions being done on a consistent basis are crucial.

Realistic: If the goal is realistic, success will follow.

Timeline: Specify timeframe in which to accomplish goal.



Workforce Health

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