


Family Living Focus
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How Many Calories Are In Your Drink?
Have you ever stopped to think about how many calories you are getting from the beverages you drink? If you're quenching your thirst with beverages that provide calories, you may be getting a lot more than you bargain for.

Water is the beverage of choice to satisfy thirst. It is readily available, does not cost anything (beyond what we already pay for our water supply), and has no calories. However, many of the beverages that we choose to drink contribute a large number of calories to our daily diet. Research done at Penn State, for example,

shows that individuals who drink large amounts of soft drinks take in many more calories than the person who does not. This is not a surprise if you consider that a 32-ounce regular soft drink gives 500 calories!

Many beverages, such as soft drinks and sweetened drinks, provide no nutritional value to the diet other than calories. Even healthy drinks like fruit juices give many calories when consumed in large amounts. One eight-ounce cup of a typical 100 percent fruit juice has 120 calories. Drinking several cups each day will mean a large number of extra calories. In fact, child

health experts are concerned that drinking large quantities of juice may be one contributing factor to the great increase in childhood obesity.

Of course, milk is a great beverage that makes a big contribution to our nutritional needs. However, if you live on a dairy farm and drink milk in amounts greater than what you need nutritionally (2-4 cups depending on age and gender); you may be getting a lot more calories than you need. If you are trying to lose weight, and drink lots of milk, just cutting back to the amount you need may help with your weight loss efforts. Skimming fat off the top of milk that has not been homogenized will make the calories equivalent to the 2 percent fat milk that's available at the grocery store. If you purchase your milk at the grocery store, the lower fat types like skim and 1 percent fat will give you the same nutrients as whole or 2 percent fat milk, but less fat and calories.

The best advice — drink water when you're thirsty. Other beverages that provide only a few calories are diet soft drinks, fruit juice spritzers (seltzer water with a splash of juice), and lemonade or iced tea that you make yourself with artificial sweetener.

The following list, excerpted from the U.S. Department of Agriculture's Nutritive Value of Foods 2002, gives examples of common beverages and how many calories they contain.

- Water, 8 fl. oz., 0 calories
 - Soda, variety of types, 12 fl. oz., 124-179 calories
 - Club Soda, 12 fl. oz., 0 calories
 - Coffee, brewed or instant, black, 6 fl. oz., 4 calories
 - Orange juice, 8 fl. oz., 112 calories
 - Apple juice, 8 fl. oz., 117 calories
 - Cider, 8 fl. oz., 94 calories
 - Fruit punch drinks, 8 fl. oz., 117 calories
 - Lemonade, prepared from powder
 - Regular, 8 fl. oz., 112 calories
 - Low calorie with artificial sweetener, 8 fl. oz., 5 calories
 - Tea
 - Brewed, 6 fl. oz., 2 calories
 - Instant, sweetened with sugar, 8 fl. oz., 88 calories
 - Instant, sweetened artificially, 8 fl. oz., 5 calories
 - Milk
 - Whole, 1 cup, 150 calories
 - 2% fat, 1 cup, 121 calories
 - 1% fat, 1 cup, 102 calories
 - Nonfat (skim), 1 cup, 86 calories
 - Chocolate milk
 - Whole, 1 cup, 208 calories
 - 2% fat, 1 cup, 179 calories
 - 1% fat, 1 cup, 158 calories
 - Milk shake, thick
 - Chocolate, 11 fl. oz., 356 calories
 - Vanilla, 11 fl. oz., 350 calories
 - Beer
 - Regular, 12 fl. oz., 146 calories
 - Light, 12 fl. oz., 99 calories
 - Gin, rum, vodka, whiskey, 1.5 fl. oz., 97-110 calories
 - Daiquiri, 2 fl. oz., 112 calories
 - Pina colada, 4.5 fl. oz., 262 calories
 - Wine, dessert
 - Dry, 3.5 fl. oz., 130 calories
 - Sweet, 3.5 fl. oz., 158 calories
 - Wine, table, 3.5 fl. oz., 74 calories
- ~ fl. oz. - fluid ounces

New Data On Dietary Protein, Bone

GRAND FORKS, N.D. — A high-protein diet containing mostly meat did not have adverse effects on women's ability to retain calcium in a study conducted by Agricultural Research Service scientists in Grand Forks, N.D.

ARS researchers Zamzam (Fariba) Roughead and Janet Hunt at the Grand Forks Human Nutrition Research Center controlled the diets of 15 healthy postmenopausal women, providing both low- and high-meat diets for eight weeks each. The women consumed about 600 milligrams (mg) of calcium per day, half the recommended intake of 1,200 mg. Calcium, sodium and caffeine intakes were kept constant.

In recent years, scientists have theorized that high-protein diets leach calcium from bones, leading to bone loss, based on findings from tests involving purified proteins. But unlike purified proteins, meat contains substantial amounts of potassium and phosphorus, which reduce urinary calcium loss.

In the study, after the first four weeks of each eight-week phase, the scientists tracked calcium levels using body count technology that detects differences in calcium retention and excretion. The scientists found that even with low-but-average calcium intake, the volunteers could eat twice the recommended dietary allowance of protein, mostly as meat, and not have an adverse effect on calcium retention or on biomarkers for bone breakdown.


The high-meat diet consisted of 20 percent of daily calories as protein, or about 117 grams, including 10.5 ounces of meat. The low-meat diet consisted of 12 percent protein, including 1.5 ounces of meat.

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