

MAINTAIN, DON'T GAIN

HOLIDAY CHALLENGE

Willpower Tip #3

About Beverages



When we drink sugar-sweetened beverages, we get the calories but rarely compensate by eating less food. Fruit juice is not a better option. Even though it has more nutrients, it contains as much sugar (though from naturally occurring fruit sugars rather than added sugar) and calories as soft drinks. And with alcohol having 7 calories/gram, it can pack on the calories regardless of what it is mixed with.

Tips for choosing beverages

1. Drink water first. It provides no calories but gives you a feeling of fullness.
2. Wanting to indulge in a seasonal drink like eggnog? Reach for a tall, thin glass, not a short squatty one. Research has shown that people pour less liquid into tall glasses than into their shorter counterparts.
3. Limit your alcohol #1: Not only does it pack calories but lowers your inhibitions and can cause you to eat irresponsibly. Take it easy with the bubbly before you start saying things like, "Eh, what's one more cookie?"
4. Limit your alcohol #2: If you feel out of place without a beverage, sip water, club soda or a sprintzer.

Please copy and paste the link below for a Hot Apple-Cherry Cider recipe: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/hot-apple-cherry-cider>

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