

## How Many Calories Are In Your Drink?

*Most people like to forget about the calories they are ingesting through their beverages, and instead only concentrate on the calories they receive from food. This 'out of sight, out of mind' philosophy can become a dangerous habit as the calories from drinks start to add up.*



Do you know how many calories are in your favorite drink? Match these popular beverages to their calorie count below and see just how knowledgeable you are!

12 oz. 100% apple juice	0
12 oz. 100% orange juice	77
12 oz. regular cola	135
12 oz. sweetened lemon iced tea	192
12 oz. water	252
1 glass dry white wine	136
1 glass of red wine	150
12 oz. vodka cranberry	0
1 bottle of beer	168
12 oz. carbonated water (unsweetened)	85

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### Answers:

- 12 oz. 100% apple juice - 192
- 12 oz. 100% orange juice – 168
- 12 oz. regular cola – 136
- 12 oz. sweetened lemon iced tea – 135
- 12 oz. water – 0
- 1 glass dry white wine – 77
- 1 glass of red wine – 85
- 12 oz. vodka cranberry – 252
- 1 bottle of beer – 150
- 12 oz. carbonated water (unsweetened) – 0

Source: [http://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

<http://www.weightlossresources.co.uk/calories-in-food/alcoholic-drinks/>