

How Many Calories Are In Your Drink?

Most people forget about the calories they drink but this can be dangerous as the calories start to add up

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?

- 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 red wine – 85
- 12 oz. vodka cranberry – 252
- 1 bottle of beer – 150
- 12 oz. carbonated water (unsweetened) – 0



Was it what you expected?



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