



**Be Well Holiday Challenge Tip of the Week:
Don't Drink Your Calories. Chew Them Instead!**

Liquid calories slip by so easily, it's almost hard to take them seriously. Without having to chew, these calories come on quickly and contribute rapidly to weight gain.

| Beverage | Ounces | Calories |
|----------------------------------|-------------------|-----------------|
| Alcohol - hard | 1 oz. | 100 calories |
| Vitamin Water | 24 oz. | 125 calories |
| Fruit Juice | 16 oz. (pint) | 200 calories |
| Lemonade | 16 oz. (pint) | 200 calories |
| Soda – all sugar sodas | 20 oz. (bottle) | 250 calories |
| Fruit Smoothies: (Jamba) | 24 oz. (original) | 359 calories |
| Cappucino: (McDonald's) | Large (20 oz.) | 150 calories |
| Frappuccino No Whip: (Starbucks) | Venti | 380 calories |
| Wine: most varieties | 4 oz. | 100 calories |
| Water: (Logan) | large | 000 calories |

For more nutritional information, visit: <http://www.calorieking.com>

Is Your Drink Sweetened?

According to the American Journal of Clinical Nutrition and the Centers for Disease Control and Prevention, in addition to throwing off the body's homeostasis, excess sugar can cause tooth decay, and periodontal disease. Excess sugar consumption also leads to obesity, which increases diabetes and high blood pressure.

Sweeteners that add calories to a beverage go by many different names. Some common caloric sweeteners are listed below. Instead of going for the “sugar,” do your body a favor and choose local water, or in a pinch a non-sugar beverage such as Crystal Light, Light Lemonade, or a diet drink. Your body will thank you!

High-fructose corn syrup
Natural Sweeteners

Fructose
Corn Syrup

Fruit juice concentrates
Sucrose

Honey
Dextrose

Sugar
Syrup



Be Well Holiday Challengers:

Remember to eat your breakfast!

A healthy breakfast is an important meal of the day and is a requirement for anyone wanting to maintain a healthy weight. Studies from Michigan State University show that breakfast eaters are more energetic and productive throughout the day. Both children and adults who eat breakfast are better at problem solving and concentrating on the task at hand. Missing breakfast to lose weight can backfire and increase your appetite, causing you to overeat during the day. Here are some great ideas for a quick, healthy breakfast.

Oatmeal, Blueberries & Almonds: Microwave the oatmeal, add ground flaxseed, frozen blueberries, and sliced almonds for a tasty pick-me-up.

Shredded Wheat with Bananas: Any whole-grain, high-fiber cereal is a good choice. Shredded Wheat has a high amount of fiber, and is low in sugar. Add fat-free milk and some sliced bananas.

Scrambled Omelet: Scramble a couple of egg whites with onion, green peppers, mushrooms, a little garlic powder, and black pepper. Top with a tablespoon of shredded cheddar. Serve with whole-grain toast and sugar-free jam.

Fresh Berries, Yogurt and Granola: Mix non-fat yogurt with berries or other fruit, and top with some healthy cereal. Try Grape-Nuts or a low fat granola.

Be Well Tortilla: Roll a whole wheat tortilla with fat-free refried beans, a tablespoon of shredded cheddar, and salsa. Serve with fruit.

Fresh Fruit Salad: Slice up fruit (apples, melons, bananas) and top with cottage cheese.

Here are some *Be Well* tips to reduce the damage of late night munching.



"My diet says I can have 1800 calories per day. It doesn't say anything about NIGHT!"

- Distract yourself by following simple tips like taking your dog for a walk, spending time reading a good book, relaxing in a hot bath, or mowing the lawn (just kidding).
- Satisfy your hunger with low calorie alternatives like herbal tea, a handful of vegetables, a piece of fruit, or non-buttered popcorn (sure, dream on...).
- Eat slowly and really enjoy the taste of your food (in 20 minutes your body might tell you that you've had enough).
- Don't eat in front of the TV (It's a dangerous combo meal!), and SILENCE junk food commercials with your mute button! Good Luck!!! And *Be Well*.