



Think before
you drink





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So far we have focused a lot on food, but most of what we drink also contains calories so it's a good idea to make sure you're keeping a close eye on those liquid calories.

Is your regular latte, flavoured water or evening tipple sabotaging your best efforts to lose weight?!

So what are the common offenders and where could you be going wrong?

Did you know?

That one of the first signs of dehydration is tiredness!

Reach for a glass of water instead of a snack.

DOUBLE CHOCOLATY CHIP
FRAPPUCCINO



= 500
CALORIES



The equivalent of one hundred and twenty

SKITTLES.



PEPPERMINT
WHITE CHOCOLATE MOCHA



= 520
CALORIES



The equivalent of 3.7 cans of

COCA COLA





How much fat and how many calories in Starbucks drinks?

Hot Chocolate with Whip cream Grande Whole Milk - 23.5g fat, 448 cal



Cafe Latte Grande Whole Milk with flavoured Syrup- 11.4g fat, 301 cal



Cafe Latte Grande Whole Milk - 13.8g fat, 265 cal



Cafe Latte Grande Skimmed Milk - 0g fat, 163 cal



Cappuccino Grande Skimmed Milk - 0g fat, 96 cal





How much fat and how many calories in Costa coffees?

Massimo (Large) Hot Chocolate with Whole Milk - 17.5g fat, 464 cals



Large Gingerbread Latte Whole Milk (flavoured syrup) - 14.7g fat, 332 cals



Large Cafe Latte Whole Milk - 14.4g fat, 259 cals



Large Cafe Latte Skimmed Milk - 0.7g fat, 141 cals



Large Cappuccino Skimmed Milk - 0.8g fat, 118 cals





Caffeinated Drinks

Caffeine is a Stimulant

Tea and coffee contain caffeine, which is a stimulant. This means caffeine can temporarily make us feel more alert or less drowsy. Caffeine affects some people more than others, and the effect can depend on how much caffeine you normally consume.

Caffeine is a Diuretic

Caffeinated drinks can also make the body produce more urine. Some people are more susceptible to this than others, but it also depends on how much caffeine you have and how often you have it.

It's fine to drink tea and coffee as part of a balanced diet. In general we should aim to limit the number of cups of tea or coffee to 2-3 per day. Try to alternate between a caffeinated drink and a non-caffeinated drink.

Caffeine Can Increase Anxiety and Tiredness

Too much caffeine can make you more anxious than normal. This is because caffeine can disrupt your sleep and also speed up your heartbeat. If you are tired, you are less likely to be able to control your anxious feelings.

The Royal College of Psychiatrists recommends that anyone feeling tired should cut out caffeine. It says the best way to do this is to gradually stop having all caffeine drinks (and that includes coffee and tea and cola drinks) over a three-week period. Try to stay off caffeine completely for a month to see if you feel less tired without it.

You may find that stopping caffeine gives you headaches. If this happens, cut down more slowly on the amount of caffeine that you drink.

Drink	Caffeine Content (mg)
Instant Coffee	80-100
Espresso (Arabica)	100-125
Tea	50
Green Tea	30
Coca-Cola	34
Red Bull	80





Fizzy Drinks

How SODA IMPACTS YOUR BODY



WEIGHT

Drinking one soda a day equates to consuming 39 pounds of sugar per year. Regularly consuming sugary drinks interacts with the genes that affect weight. Sugar-sweetened beverages are linked to more than 180,000 obesity-related deaths a year.

Having too much sugar in your diet reduces production of a brain chemical that helps us learn, store memories and process insulin. Consuming too much sugar also dulls the brain's mechanism for telling you to stop eating.

BRAIN

KIDNEYS

The high levels of phosphoric acid in colas have been linked to kidney stones and other renal problems. Diet cola is increased with a two-fold risk — especially when more than two servings a day are consumed.

The carbonation in soft drinks can cause gas, bloating, cramping and exacerbate the effects of irritable bowel syndrome. Caffeine can also worsen episodes of diarrhea or contribute to constipation.

DIGESTIVE SYSTEM

BONES

Soda consumption has been linked to osteoporosis and bone density loss, likely due to the phosphoric acid and caffeine in soda.

Chronic diet and regular soda consumption leads to an increase risk of heart disease, including heart attack and stroke.

HEART

LUNGS

The more soda you drink, the more likely you are to develop asthma or COPD.

The high levels of acid in soda corrode your teeth — almost as badly as drinking battery acid.

TEETH

Recommended amounts of fluid for men and women

Eight 250ml glasses
for women

Ten 250ml glasses
for men



**Water is the
healthiest choice for
quenching your thirst
at any time. It has no
calories and contains
no sugars that can
damage teeth.**

Fruit Juice & smoothies

You might feel virtuous guzzling these but watch out. A small glass of cranberry or apple juice racks up nearly 100kcal and a small 250ml yoghurt based smoothie can be about 136kcal. You may find eating a piece of fruit more filling.





Calories in Alcohol



Drink Swaps

SWAP a pina colada for a mojito and save 326kcal

SWAP a pint of larger for a larger shandy and save 100kcal

SWAP double rum & coke for a single vodka, lime & soda and save 107kcal

SWAP a large glass of white wine for a white wine spritzer with soda and save 35kcal

Did you know a standard glass of wine contains as many calories as a small chocolate and a pint of larger has many calories as a packet of crisps?

The problem is, most of us just don't think of alcohol as being calorific. So, while we might go easy on the single cream when eating desserts, we wouldn't think twice about knocking back a couple of pints. In fact, the calorie content of two pints is similar to that a full glass of single cream.

A beer- drinker knocking back just five pints a week would add a whopping 44,200kcal over a year, equivalent to 221 doughnuts.

Tips to avoid weight gain

- Choose drinks with a lower ABV (alcohol by volume) instead of your usual tippie. There's an increasing range of lower alcohol choices available and with fewer calories.
- Don't drink on an empty stomach, as this can lead to snacking.
- Avoid 'binge drinking'. Drinking a large amount of alcohol over a short period of time may be significantly worse for your health than frequently drinking small quantities.
- Eat a healthier dinner before you start drinking. Order or cook before you start drinking so you're not tempted to go for the less healthy options.
- Alcohol contains lots of calories – seven calories a gram in fact, almost as many as a gram of fat. If you add a mixer this can also equal additional calories.





Calories in Alcoholic Drinks

Type of Drink	Brand	ABV %	Volume		Units	Calories
Lager	Stella	4	Can	440ml	1.8	150
			Pint	568ml	2.3	193
		4.8	Can	440ml	2.1	180
			Pint	568ml	2.7	233
	Fosters	4	Can	440ml	1.8	132
			Pint	568ml	2.3	170
	Carling	4	Can	440ml	1.8	145
			Pint	568ml	2.3	187
Ale	John Smith's	4	Can	500ml	2	160
			Pint	568ml	2.3	182
Stout	Guinness	4.1	Can	500ml	2.1	185
			Pint	568ml	2.3	210
Cider	Gaymers	5.5	Can	440ml	2.4	194
			Bottle	568ml	3.1	250
	Magners	4.5	Can	440ml	2	180
			Bottle	568ml	2.6	232
Wine	Red	12	Small glass	125ml	1.5	85
			Medium glass	175ml	2.1	119
			Large glass	250ml	3	170
		13	Small glass	125ml	1.6	85
			Medium glass	175ml	2.3	119
			Large glass	250ml	3.3	170
	White	12	Small glass	125ml	1.5	93
			Medium glass	175ml	2.1	130
			Large glass	250ml	3	185
		13	Small glass	125ml	1.6	93
			Medium glass	175ml	2.3	130
			Large glass	250ml	3.3	185





Type of Drink	Brand	ABV %	Volume		Units	Calories
Spirit	Gordon's Gin	37.5	Single	25ml	0.9	56
	Gordon's Gin & Tonic	37.5	Single	25ml	0.9	120
	Gordon's Gin & Slimline Tonic	37.5	Single	25ml	0.9	56
	Smirnoff Red	37.5	Single	25ml	0.9	56
	Smirnoff Red & Coke	37.5	Single	25ml	0.9	120
	Smirnoff Red & Diet Coke	37.5	Single	25ml	0.9	56
	Bells	40	Single	25ml	1	61
	Captain Morgan	40	Single	25ml	1	61
	Famous Grouse	40	Single	25ml	1	56
	Jack Daniels	40	Single	25ml	1	56
	Jagermeister	35	Single	25ml	0.9	63
Alcopops	Bacardi Breezer	4	Bottle	275ml	1.1	154
	Red Square	5.1	Bottle	275ml	1.4	206
	Smirnoff Ice	4	Bottle	275ml	1.1	157
	VK Vodka Kick	4	Bottle	275ml	1.1	187
	WKD	4	Bottle	275ml	1.1	184

What's your daily beverage consumption?



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