

DON'T DRINK YOUR CALORIES

Sometimes, when we think about how many calories we have consumed on a particular day, we come to the conclusion, that we haven't really eaten a whole lot that day which – of course – makes us feel proud of ourselves. Unfortunately, when we get on the scale, this mean torture instrument does not reflect all our hard work.

Why is this?

Well, in many instances, the obvious reason is: We forgot to add in ALL calories consumed. Sometimes, we may have simply forgotten the few spoons of late night ice cream, the nibbling on our friend's fries over lunch, etc.. Most often, though, people simply do not add in at all the calories they DRINK: Fancy coffees, soft drinks, alcoholic beverages, juices and flavored water. Unfortunately, these calories can quickly add up to more than your eaten calories.

A little anecdote on this matter: One day I ordered a Cappuccino at my favorite coffee shop with nonfat milk. Luckily, I watched the lady preparing a drink, she poured espresso in the cup, added some fat free milk and finally used whole milk for the foam. While I was still wondering about this complex to prepare combination, she announced that this was MY drink. Granted, Cappuccino is mainly milk foam but still it is milk, which if it is whole milk has almost double the calories than the fat free version.

Too many calories in our drinks? Here are some numbers to prove it!

Here we go: A Starbucks Caffe Latte Espresso (16 ounces): The whole milk version has 260 calories and the fat free version still has 160 calories.

More shocking facts: Soft drinks (12 oz.) contain about 150 calories while their diet version has only about 10 calories but still lacks any nutritional value.

We get no help from fruit juices: One cup of juice can add up to 150 calories, loaded with vitamins and – unfortunately - sugar.

The average glass of wine is about 150 calories, as is a one 12 oz. beer or ale. Mixed drinks vary widely from a Margarita in a pint glass with 550 calories, Long Island Ice Tea with 380 calories, to Rum and Diet Coke (1 oz. rum) still at 65 calories .

Now, imagine, you are a 110 lbs woman who has a 1,500 total calorie and allowance per day or a 180 lbs man with a daily allowance of 2,400 calories all together. See, how a couple of drinks over dinner can mess up all your hard diet and fitness work?

So, what shall we do?

Obviously, our best beverage choice is pure mineral water. It has zero calories and contains essential microelements. The next better beverage choices are coffee and tea. A cup of coffee is high in caffeine and has only 4 calories if you drink it without milk or sugar. Tea helps with absorption of iron in your body, is high in anti-oxidants and contains **only two** calories per cup if you do not add milk or sugar.

One Tablespoon of cream contains 52 calories, half-and-half is 20 calories, whole milk 9 calories and fat free milk still adds up to 5 calories. One tablespoon of sugar has 48 calories.

Besides, the artistically blended flavors of TEAVALIZE will make you want to enjoy them without additional milk or sugar. TEAVALIZE offers a wide range from whole leaf white or green teas, which will allow you to get even more health benefits.

So, stay well and enjoy life!