

# DRINKS



Skip high-calorie holiday drinks!

## Healthful Alternatives:

Instead of reaching for that big glass of eggnog, try these festive holiday alternatives...

- **Flavored waters.** Pep up your water with slices of fresh fruit, some berries, or a few sprigs of mint or basil. This works well with sparkling water too!
- **Tea.** Warm up with tasty hot tea — just skip the sugar. You can add fruits or herbs to teas as well. Try black, herbal, and green teas to find a flavor profile that works for you.
- **Cocoa.** Make your cocoa with skim milk and nonfat cream. Garnish with cocoa powder, cinnamon, and/or nutmeg.
- **Fresh fruit smoothies.** Combine ice and fresh fruit, then blend it up!

## Holiday Drinks Matter:

Perhaps the National Heart, Lung, and Blood Institute said it best. “**Many people don’t realize just how much sugar and calories we drink in a day.**” When the holidays roll around, the calories skyrocket and the portions get more generous.

The reason holiday drinks matter is **threefold**:

- One, drinks often contain a surprising number of calories. Studies indicate that **beverage calories do not help people feel full.**
- Two, **weight gain goes up around the holidays.** Every calorie counts when people want to maintain their weight.
- Three, holiday beverages tend to be very **high in sugar, fat, and calories.** And if they are high in alcohol, then people often lose track of what they are eating too.

