



DECEMBER 2016

CHEERS? KEEPING TRACK OF ALL THOSE CALORIES IN HOLIDAY DRINKS

Most people don't realize just how many calories beverages can add to their daily total. This is especially true at holiday parties where high-calorie drinks are generously poured.

LIQUID CALORIES VS. SOLID CALORIES

Liquid calories in any form — alcohol, juice, or soda — are sneaky. You drink them without thinking and they don't make you feel full. Yet their impact can be significant. While beverage calories always count, your body doesn't detect them the same way as it does solid food. When people eat food calories, they tend to compensate by reducing the rest of their food intake. But when people drink their calories, they don't compensate by eating fewer calories. Why is there a difference?

It turns out that your body controls thirst and hunger in different ways. When the volume of water in your blood drops, you feel thirsty. Hunger signals are regulated by your stomach and intestines.

READ THE NUTRITION FACTS LABEL

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. Take a good look at the label on a 20-ounce bottle, for instance. It probably gives the number of calories in an 8-ounce serving even though the bottle contains 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle.

READ THE INGREDIENT LIST: HOW TO TELL WHEN YOUR DRINK IS SWEETENED

Sweeteners in a beverage go by several different names. It's not always obvious if a beverage contains added sugar just by scanning the ingredient list. Some common sweeteners are listed below. If any of these appear in the ingredient list of your favorite beverage, your choice has added sugar. If the sugary ingredient appears at or near the top of the list, it's likely adding a lot of calories to the beverage.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Corn syrup
- Sucrose
- Dextrose

QUICKTAKES



HEALTHY HOLIDAYS

As the holiday hype builds, schedules get hectic. Stress rises. Workouts are put off. Healthy diets are ignored. By January you're two or three pounds heavier and a waist size bigger.

Eating and drinking to excess are part of the holiday scene. It helps to set realistic health goals at this time of year. To start, make December weight maintenance month. Don't focus on weight loss. Be sure to:

- Watch portion size and say "no" to seconds.
- Fill up on vegetables, fruits and whole grains.
- Find time to exercise.

With some simple strategies, happy holidays and healthy eating can go together. Read on to learn how to keep track of calories in holiday beverages.

ALCOHOL CALORIES REALLY ADD UP

Alcoholic drinks are loaded with empty calories. Alcohol doesn't provide any nutritional benefit. Yet it's very calorie dense. For example, a shot glass (1.5 ounces) of rum has 90 calories. Mix that with 6 ounces of sweet, creamy eggnog and your glassful of holiday cheer reaches 300 calories. All this before you've had a single cracker or cookie.

Mixed drinks, punch, beer, and wine serve up calories by the hundreds. Remind yourself to sip a glass of water or seltzer between alcoholic drinks.

SET UP A LOW-CAL BAR

If you're hosting a holiday gathering, make it easy for your guests to keep beverage calories under control. Offer low-calorie and no-calorie drinks so guests have plenty of options. Here are a few to try:

- Festive holiday punch made with 1 part pomegranate juice, 2 parts lower-calorie orange soda (such as Orangina, available at Whole Foods) and 3 parts pomegranate-flavored seltzer. Float frozen orange slices in the punch bowl.
- Fresh apple cider and diet ginger ale spritzers
- Light beer
- Wine and seltzer spritzers
- Light eggnog - just keep portions small!
- Mugs of coffee or cocoa served with a cinnamon stick
- Orange-spice tea (hot or cold)
- Cans or bottles of flavored (and calorie-free!) seltzers

Resources: http://www.cdc.gov/healthyweight/healthy_eating/drinks.html
<https://www.rethinkingdrinking.niaaa.nih.gov/tools/Calculators/calorie-calculator.aspx>

MULLED APPLE CIDER

MAKES 11 EIGHT-OUNCE SERVINGS

On a cold night, there's nothing better than sipping hot cider with friends and mulling over the events of the week.

To cut calories, you can substitute 3 cups brewed tea for the pomegranate juice. Choose a tea and spice blend for best flavor.

INGREDIENTS

1/2-gallon jug fresh apple cider
24-ounce bottle unsweetened pomegranate juice
1/2 apple
About 20 whole cloves
4 slices fresh ginger
6-8 cinnamon sticks
1/3 cup pure maple syrup or brown sugar
1 or 2 oranges, scrubbed and sliced
2 star fruit (carambola), thinly sliced for garnish, optional

NUTRITIONAL INFORMATION

136 Calories

0g Fat
0g Protein
35g Carbohydrate
0g Dietary Fiber
30mg Sodium



DIRECTIONS

1. Pour apple cider and pomegranate juice into a large pot. Stud apple half with whole cloves and add to the pot along with ginger slices, cinnamon sticks, maple syrup or brown sugar, and orange slices.
2. Heat until steaming. Do not let the cider come to a boil. Maintain at this heat for about 15 minutes.
3. Ladle the hot cider into mugs. If you like, for a festive touch, garnish each serving with a cinnamon stick or a slice of star fruit.

Source: Healthy Living Kitchens