

A day of beverages: How many calories do you drink in a day?

In the table below, find your beverage with calories listed for different sizes. List the number of calories you drank in the far-right column. Add up your calories from beverages for the day.

Beverage	Calories*			How many calories did you drink?
	8 ounces	16 ounces	20 ounces	
Water	0	0	0	
Regular soda	(12 oz.) 150	200	250	
Diet soda	0	5	10	
Milk – skim	85	170	210	
Milk – 1%	100	200	250	
Milk – 2%	120	240	300	
Milk – whole	150	300	375	
Milk – chocolate (low fat)	160	320	400	
Soy Milk	100	200	250	
Milk shake	280	560	700	
100% Fruit Juice	110	220	275	
Fruit Smoothie	200	400	500	
Fruit Punch	120	230	300	
Sports drink (like Gatorade)	(12 oz.) 80	110	(32 oz.) 200	
Energy drink (like RedBull)	110			
Energy drink, low-calorie	(12 oz.) 30	40	(32 oz.) 75	
Black coffee	2	4	5	
Coffee with cream and sugar	50	100	125	
Coffee with nonfat milk and artificial sweetener	15	30	40	
Mocha coffee drink	200	400	500	
Frozen blended coffee drink	(12 oz.) 270	350	(24 oz.) 460	
Sweetened iced tea	100	200	250	
Unsweetened iced tea	0	0	0	
Regular beer	(12 oz.) 140			
Light beer	(12 oz.) 110			
Wine, white	(5 oz.) 120			
Wine, red	(5 oz.) 120			
Wine, sweet dessert	(2 oz.) 85			
Malt beverage cooler	(12 oz.) 230			
Bourbon, Brandy, Rum, Gin, Vodka, Whiskey (1 shot)	(1.5 oz.) 100			
Margarita	160			
Martini (2 oz. alcohol)	140			
Total calories from beverages for the day:				

* Calories listed are estimates. Actual number of calories will depend on brands and restaurants.

? *How did you do? Are you drinking more calories than you need? Which beverages could you drink less of? Are you drinking enough water during the day?*