Smart beverage choices can help cut calories

Rethink your drink

If you've ever tried to lose weight, you probably focused solely on food. But another way to cut calories may be to think about what you drink. Calories in drinks are not hidden—they're listed on the Nutrition Facts label—yet many people don't realize how these calories can add up each day. Try these healthful substitutes the next time you're ready to grab a drink:

- Sparkling water with natural lemon flavor (not sweetened) instead of sweetened iced tea from the vending machine

- Water with a slice of lemon or lime rather than a glass of lemonade

- Bottled water or diet soda in place of a 20-ounce bottle of regular cola

- Small café latte (12 ounces) made with fat-free milk instead of a medium café latte (16 ounces) made with whole milk

Thirsting for more knowledge about weight loss and nutrition? Visit Blue Access® for Members and see what's on tap with all the helpful resources, tools and tips available to you from the Personal Health Manager.

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