

Activity: Liquid Calories

The drinks you choose every day can have a big effect on your health and weight. Calories from drinks are also called *liquid calories*. Liquid calories can add up quickly, and they don't make you feel full like calories from solid food.

Instructions:

1. For each drink listed in the chart below, guess if the drink has **more**, **less**, or **about the same** number of calories as the food listed in the same row.
2. Use the pictures of the drinks and foods displayed in the room to help you.
3. Write your answer in the middle column.
4. The answers are on the next page.

| | Drink | More, Less, or the Same? | Food |
|----|--|----------------------------|---|
| 1. | Sugar-sweetened pop 1 can, 355 mL (12 oz) | Example: About the same | Lower fat cheese and crackers 1½ oz (50 g) cheese, 3 crackers |
| 2. | 100% unsweetened orange juice 1 bottle, 452 mL (15 oz) | | Bran flake cereal, skim milk, and ½ banana , 1 cup (250 mL) milk and 1 cup (250 mL) cereal |
| 3. | Sugar-sweetened pop, mega-large size with ice 1.9 L (63 oz) | | Sour cream donut holes 9 pieces |
| 4. | Ice slush 1.3 L (43 oz) | | Salmon sushi 12 pieces |
| 5. | Coffee with 2 Tbsp (30 mL) fat-free creamer 12 oz (360 mL) | | Orange 1 medium |
| 6. | Coffee with 6 Tbsp (90 mL) cream and 2 Tbsp (30 mL) sugar 20 oz (600 mL) | | Ham sub , no dressing or cheese 6 inch (15 cm) |
| 7. | Flavoured latte, made with 2% milk 16 oz (480 mL) | | Fast food French fries small-size |
| 8. | Hard liquor (1½ oz/45 mL) with sugar-sweetened pop 8 oz (250 mL) | | Toast, plain 2 slices |
| 9. | White wine 5 oz (150 mL) | | Chicken wing 1 wing |

Answer to activity on page 1: Each drink and food has about the **same** amount of calories!

| Items | Calories |
|--|----------|
| 1. Sugar-sweetened pop, 1 can (355 mL/12 oz)..... | 160 |
| Lower fat cheese (50 g) and crackers (3)... | 165 |
| 2. 100% orange juice, unsweetened, 1 bottle (452 mL/15 oz)..... | 215 |
| Bran flake cereal (1 cup/250 mL), skim milk (1 cup/250 mL), and ½ banana..... | 250 |
| 3. Sugar-sweetened pop, mega-large size with ice (1.9 L/63 oz)..... | 790 |
| Sour cream donut holes (9 pieces) | 810 |
| 4. Ice slush (1.3 L/43 oz)..... | 350 |
| Salmon sushi (12 pieces)..... | 360 |
| 5. Coffee with 2 Tbsp fat-free creamer (12 oz/360 mL)..... | 60 |
| Orange, 1 medium..... | 60 |
| 6. Coffee with 6 Tbsp cream and 2 Tbsp sugar (20 oz/600 mL)..... | 270 |
| 6-inch ham sub, no dressing or cheese..... | 290 |
| 7. Flavoured latte, made with 2% milk (16 oz/480 mL)..... | 275 |
| Fast food French fries, small size..... | 265 |
| 8. Hard liquor (1½ oz/45 mL) and sugar-sweetened pop (8 oz/250 mL)..... | 210 |
| Plain toast, 2 slices | 195 |
| 9. White wine (5 oz/150 mL) | 100 |
| Chicken wing (1)..... | 100 |

Which drinks should I choose?

Choose the two healthiest drinks from the list below.

- Orange juice
- Water
- Lower fat milk or fortified soy beverage
- Sugar-sweetened pop

Tips for drinks with calories

Drinks with calories may quench your thirst, but do not fill you up like food does. Here are some tips:

1. Drink water and lower fat milk or fortified soy beverage more often.
2. Choose calorie-free or low calorie drinks when you can.
3. Choose more whole vegetables and fruits instead of unsweetened fruit juice and fruit drinks.

Vegetables and fruits have fibre and help you feel full longer.

4. Cut back on calories, not fluid.

Note: The calorie amounts in this resource are averages. To find the exact amount of calories in foods, read the label on packaged foods or find nutrition information from restaurants.