

Beware of liquid calories

Last week we discussed how alcohol affects weight loss, this week we are looking at how drinks such as lattes and fizzy drinks can also lead to your calorie count creeping up.

The problem is, most of us just don't think liquids are that important when it comes to counting up our daily calorie allowance.

But unfortunately drinking too many sugar-sweetened drinks can contribute to weight gain, so what you drink should never be overlooked when trying to lose weight.

TIPS OF THE WEEK

- COFFEE:** Swap your daily coffee stop fix with lower calorie option, you could be racking up an extra 193kcal or more in one hit if you opt for cappuccino or mocha (that's potentially an extra 20lbs weight gain a year if it's outside your daily allowance)
- FRUIT JUICE & SMOOTHIES:** Can be a great source of nutrients but don't go crazy on them. They can rack up serious calories. Although fruit juice counts towards your 5-a-day, you may find eating pieces of fruit more filling
- FIZZY DRINKS:** Can provide 140kcal in just one can of Coca-Cola (containing 7 teaspoons sugar). Diet versions can be an alternative although keep them as a treat as artificial sweeteners can taste 2-3 times sweeter than regular sugary drinks and can trigger leading to cravings for sugary foods. (Opt for sparkling water with a slice of lemon or lime)

RECIPE OF THE WEEK

Minty lemonade

Make a refreshing, lower-calorie alternative to sugary canned drinks:

- large handful fresh mint leaves
- juice of 6 lemons and zest of 3
- 3 tbsp sugar
- sparkling mineral water

1. Tear the mint leaves to release the flavour
2. Add the mint to a jug with the juice, zest and sugar
3. Top up with sparkling water
4. Chill in the fridge

Serves 4 at 46kcals per serving

Did you know!

Liquid calories Per 250ml serving:

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|--------------------------------|---------------------------------------|
| • Mocha: 193kcal | • Pure orange juice: 122.5kcal |
| • Cappuccino: 110kcal | • Pomegranate juice: 170kcal |
| • Chocolate milkshake: 195kcal | • Pure apple juice: 117kcal |
| • Smoothie: 136kcal | • Caffeinated energy drink: 112.5kcal |

150ml of pure unsweetened fruit juice can provide one of your 5-a-day