

Top Beverage Recommendations

Milk – 105 calories

Milk provides lots of essential nutrients, including protein, potassium, Vitamin D, and calcium. What you may not realize about milk is that a serving of 1% milk contains fewer calories than a serving of juice!

Yogurt drinks (and Kefir) – 90 calories

Yogurt drinks provide many of the nutritional benefits; they're rich in protein and calcium, and count as a serving of dairy. They also contain beneficial active live culture, which may help improve gut health and boost immune system.

Water – 0 calories

Water is the perfect drink to replenish fluid loss. Don't be tempted to grab a bottle of sports drink instead; a sports drink is a bottle full of energy – that is calories. Plain old water may not be glamorous, but it's a much better choice.

100% Juice – 120 calories

If the juice box container doesn't say 100% juice, it's probably "juice drink," and contains preservatives, sweetening agents, and even oil! If the ingredient list is a few lines long with ingredients that sound like your chemistry textbook, it's very unlikely 100% juice. Keep in mind that even 100% juice gets 100% of its calories from sugar, so drink in moderation.

Soy drinks – 80 calories (plain) and 140 calories (flavored)

One serving of soymilk provides about 8 grams of soy protein. A diet with significant soy protein reduces total cholesterol, LDL cholesterol (the "Bad" cholesterol) and triglycerides. Plus, numerous studies have indicated that populations that consume soy products (as in Japan and China) have lower incidences of breast, colon, and prostate cancers. Make sure to choose calcium-fortified and lightly flavored (less sugar added) soy drinks.

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