

## Do You Drink Your Calories?

Summer is over and we're approaching the cooler months. We turn to hot drinks to warm us up. Let's avoid weight creep and maintain our weight over Autumn and Winter. Do you want to be drinking your calories or eating them? Eating whole foods makes you fuller for longer. Drinking your calories, do you still feel hungry?

1. Replace full fat milk with skim. One cup of full fat milk is 163 calories, 9 gm fat. Skim has 105 calories, 0.3 fat. One cup may not affect your calories and fat intake for the day. But take a look at how much you are drinking. It's not uncommon in one hot drink to be drinking 2 cups of milk, or in an a cold milkshake to be drinking up to 4! That adds up to a lot of fat.
2. Make your hot chocolates at home with water instead of milk. 200 ml of Jarrah Chocolate Extreme prepared as directed, only 50 calories, 1 gm fat.
3. Starbucks tall cappuccino skim: 64 calories, 0.1 gm fat vs whole milk: 92 calories, 4.7 gm fat
4. Starbucks tall hot chocolate skim: 192 calories, 1.8 gm fat vs whole milk: 258 calories, 10.2 gm fat
5. Starbucks tall white hot chocolate skim: 270 calories, 4.2 gm fat vs whole milk: 342 calories, 12.6 gm fat
6. Gloria Jeans regular mocha skim: 164 calories, 0.7 gm fat vs whole milk: 233 calories, 9.2 gm fat
7. Instant coffee no milk 1 teaspoon: 5 calories
8. Nescafe cappuccino mixes, average: 80 calories, 3 gm fat
9. Add ons: 1 teaspoon of sugar 25 calories, whipped cream 62 calories and 6.1 gm fat

Calorie and fat figures taken from Calorie King, <http://www.calorieking.com.au/>