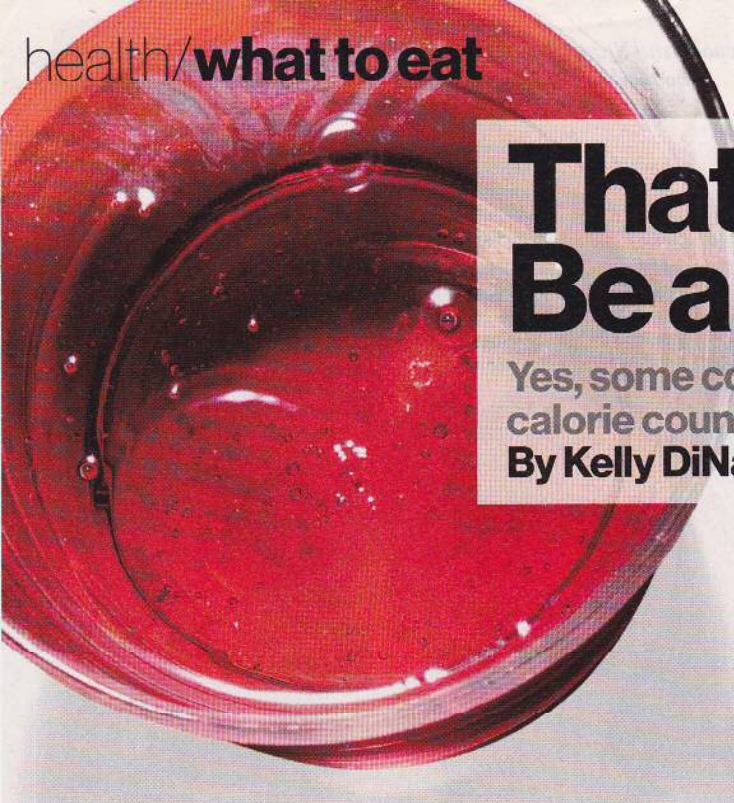


That Drink Could Be a Doughnut

Yes, some common daily beverages pack the calorie count of serious junk food! Get smart here
By Kelly DiNardo



Back in 2010, experts reported that women were downing 56 percent more calories a day from drinks than they had been 30 years ago. Now a new study from Purdue University tells us *why*: Researchers found that when subjects ate solid food, they mentally registered the calories they were taking in—but when they drank a liquid form of the same food, they didn't. "We often equate consumption with *chewing*, not drinking," explains Joan Salge Blake, R.D., a spokesperson for the Academy of Nutrition and Dietetics. But guess what: Calories are calories, whether you chew 'em or chug! Check it out.

Find daily tips for healthy eating at glamour.com/health-fitness.

A large sweet iced tea
(291 cal)

might as well be

A small order of fries
(271 cal)



Calorie giveaway? Anything that has sweet in its name. Plus, the extra sugar makes insulin levels spike, says Blake, so "you'll be hungrier sooner than if you just ate the fries."

A soda
(152 cal)

might as well be

A bag of nacho cheese chips
(150 cal)



For those of you who can't get through the day without your afternoon caffeine (we've all been there), reach for a skim iced coffee (30 calories) or green tea (a calorie freebie).

A 16-oz. breakfast smoothie
(470 cal)

might as well be

A double cheese-burger
(450 cal)



Smoothies can be a great way to get fruits and veggies into your diet—but they can also be brimming with added sugar. Make sure yours has whole fruit and no mixers.

A mojito
(225 cal)

might as well be

Two brownies
(224 cal)



Nutritionist truth: A mojito is basically dessert. You just have to plan your meal accordingly—or pick champagne instead; it's only 78 calories per glass.

A frozen mocha with whipped cream
(560 cal)

might as well be

A five-layer beef burrito
(540 cal)

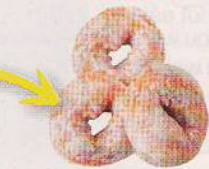


Milk is calcium-rich, so *that's* good. But the calories in some coffee-bar drinks? Sheesh! Keep yours lower-cal by asking for skim and skipping the whipped cream.

A 6.5-oz. glass of wine
(165 cal)

might as well be

Three mini powdered doughnuts
(157 cal)



"Nowadays, wine-glasses are as big as water goblets," says Blake. Bottom line: Drinks are delish, but they're not "free." Guzzle carefully, and remember, solid food fills you up more!