

Drink to Me Only!

Brought to you by Froedtert and Community Memorial Hospital Dietitians

All beverages are not created equal. Here's a selection of popular drinks, ranked from least to most calories. Some serving sizes may seem large, but we didn't make them up. All are available in bottles, in cans, or at restaurants. Restaurant drinks have even more calories if you get them without ice.

Beverage	Calories
Diet Coke (20 oz)	0
Water or Club soda	0
Coffee, with 1 liquid creamer (8 oz)	20
Tea, with 2 sugar packets (8 oz)	20
Coffee, with 1 liquid creamer and 1 sugar packet (8 oz)	30
Ocean Spray Light Cranberry Juice Cocktail (8 oz)	40
Tropicana Light (8 oz)	50
V8 or tomato juice (11.5 oz)	70
Milk, fat-free (8 oz)	80
Yoplait Light Strawberry Smoothie (8 oz)	90
Milk, 1% (8 oz)	100
Silk Plain Soymilk (8 oz)	100
Beer, light (12 oz)	110
Orange juice (8 oz)	110
Starbucks Coffee Frappuccino Light, tall (12 oz)	110
Apple juice (8 oz)	120
2% Milk (8 oz)	120
Starbucks Caffè Latte, tall (12 oz)	120
Starbucks Cappuccino, tall (12 oz)	120
Wine, white (5 oz.)	130
Gatorade (20 oz)	130
Wine, red (5 oz.)	130
Cranberry juice cocktail (8 oz)	140
Silk Chocolate Soymilk (8 oz)	140
Grape juice (8 oz)	150
Milk, whole (8 oz)	150
Beer, regular (12 oz)	160
Nestea Sweetened Lemon Iced Tea (16 oz)	160
Dunkin' Donuts Coffee Coolatta with skim milk (16 oz)	170
Gin and tonic, on the rocks (7 oz.)	190
Starbucks Coffee Frappuccino, tall (12 oz)	190
Yoplait Strawberry Smoothie (8 oz)	190
Ginger ale (20 oz.)	200
Starbucks Cappuccino, venti (20 oz.)	210
Slimfast, canned (11 oz)	220
Snapple Lemonade (16 oz.)	220
Coca-Cola or 7-Up (20 oz)	250
Dannon Strawberry Blend Frusion (10 oz)	260
McDonald's Coca-Cola, large (32 oz.)	310
POM Wonderful 100% Pomegranate Juice (16 oz.)	320
Starbucks Caffè Latte, venti (20 oz.)	340
Dunkin' Donuts Coffee Coolatta with cream (16 oz)	350
Starbucks Coffee Frappuccino, venti (24oz.)	350
Nestle Nesquik Chocolate Milk (16 oz)	400
7-Eleven Super Big Gulp, Coca-Cola (44 oz.)	410
TCBY Berry Slim Fruithead Smoothie (20 oz.)	410
McDonald's Chocolate Triple Thick Shake, small (16 oz)	580
Burger King Vanilla Shake, large (32 oz)	820
Baskin-Robbins Vanilla Shake, medium (24 oz.)	980
McDonald's Chocolate Triple Thick Shake, large (32 oz.)	1,160
Smoothie King Chocolate or Strawberry The Hulk (32 oz)	1,520