DRINKS

It's important to stay well hydrated, which means drinking about 1.5 - 2 litres a day, or more in hot weather or when you're exercising. Many drinks can contribute to a nutritious diet, for example milk is an excellent source of calcium and fruit juice provides vitamin C. Tea and coffee count towards our fluid intake too, and drinking about 3 or 4 cups a day is considered healthy for most people. The calorie and carbohydrate content of drinks other than water can vary considerably.

**Orange Juice**
- 12g Carbs
- 150ml
- 1 5-a-day
- 50 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Tomato Juice**
- 5g Carbs
- 150ml
- 1 5-a-day
- 21 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 1g Fibre

**Smoothie (strawberry & banana)**
- 18g Carbs
- 150ml
- 1½ 5-a-day
- 74 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 2g Fibre

**Squash**
- 5g Carbs
- 229ml water
- 55ml squash
- 20 Cals
- 0g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Cola**
- 31g Carbs
- 284ml, half pint
- 116 Cals
- 0g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Milk (semi-skimmed)**
- 7g Carbs
- 150ml
- 69 Cals
- 5g Prot
- 3g Fat
- 2g SatFat
- 0g Fibre

**Cup of Coffee (with milk)**
- 2g Carbs
- 260ml
- 18 Cals
- 2g Prot
- 1g Fat
- 0g SatFat
- 0g Fibre

**Cup of Tea (with milk)**
- 2g Carbs
- 260ml
- 18 Cals
- 1g Prot
- 1g Fat
- 0g SatFat
- 0g Fibre

**Latte (whole milk)**
- 15g Carbs
- 355ml, 12 fl oz
- 172 Cals
- 9g Prot
- 8g Fat
- 5g SatFat
- 0g Fibre