

‘NUTRITIONAL TIPS’

POPULAR DRINKS – BEWARE HIDDEN CALORIES GALORE

Calorie-laden drinks may quench your thirst, but they don't fill you up and satisfy your hunger as well as the calories from solid foods. They contain very low bulk and do not fill you up. These are what we refer to as ‘Hollow or Fast Calories’. So when you down a high-calorie soda, juice or other calorie-rich drink before or during a meal, you may not eat less food later on to compensate. In fact, calories found in drinks will probably have little or no effect on how much you eat over the course of the day. That's dangerous for your health, and for your waistline.

Making matters worse: liquid calories are hiding in your coffee drinks, your cocktails, your sodas, your fruit smoothies, and even in your ‘Hydrating Sports Drink’. May be more appropriate to use the words ‘Especially In Your Sports Drinks’? The popular ‘Gator-Aide’, ‘Power Aide’ and similar sports drinks contain huge quantities of sugar, glucose and artificial colouring and flavours. There are far less expensive and healthier alternatives available.

I love some of the popular ‘Chocolate Milk’ drinks. Not a good habit, however! The 16 ounce bottle may contain as many as 2000 calories! Easy to drink ‘The Whole Thing’! One large bottle is often a whole day's calorie intake! Read the label. It refers to ‘Servings’ so make sure you read what that is. A serving is NOT the full bottle you are holding!

Serving sizes for beverages are ballooning as they get delivered in bigger bottles and fancier cans. If you're not careful, you will be ballooning too.

Even average size beverages can put a hefty dent in your 2,000-calorie daily quota. This battle for fitness and a nice waste line is a simple numbers game. If you put more food or junk into your mouth than is utilized in your physiology and muscles, you are going to bet fat! You shall join the hoards of fat folks who suffer the avoidable ills of obesity or just a little overhanging tummy!

You know. ‘Love Handlers Club’!

PERFORMANCE EXCELLENCE

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7