



Is Lemonade a Low Calorie Alternative?

Unless you are referring to lemonade sweetened with non-calorie sweeteners, it's no lower in calories than an equal portion of a regular carbonated soft drink. Lemonade from frozen concentrate or powdered mix contains about 100 calories in each eight-ounce portion, a result of the approximately six-and-a-half teaspoons of sugar it contains. Low-calorie versions contain only about five calories in the same portion. The good news nutritionally is that lemonade from frozen concentrate actually supplies about 10 percent of recommended daily vitamin C, and some powdered versions are fortified with even more. Lemonade's a wonderful treat, but drinking glass after glass on a hot day can make calorie and sugar consumption add up faster than we realize.

For more information on lower calorie alternatives for typical high calorie items, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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