

Sutter Health Maintain Don't Gain Holiday Campaign Weekly Tips

Add a [non-alcoholic] drink to your rotation:

Did you know that alcohol can contain almost as many calories per gram as fat? Combined with sweeteners, juices and creams and you could easily have consumed a meal's worth of calories in just one glass!

1. Start your hydration rotation off with a glass of water, diet soda or spritzer. Once you're done, then move on to your alcoholic drink by enjoying a glass of wine or a light beer.
2. Do your best to stay away from sweeter drinks like daiquiris, margaritas or spiked eggnog (ranging from 225 to 350 calories for just 4 oz)!
3. When finished with your alcoholic beverage, have another glass of water, diet soda or spritzer in between.

Keeping this rotation throughout the evening will not only ensure you drink less calories overall and stay hydrated, but you are less likely to overeat too, since the zero-calorie drinks will have helped keep you full.