

# Tips for lower calorie beverages offered by Loyola dietician

December 21 2010

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Some of the most popular holiday drinks are loaded with calories. But there are simple ways to limit the damage. Here are some tips on how to enjoy five popular holiday drinks, according Brooke Schantz, a Loyola University Health System registered dietitian.

- Egnog (8 oz.) Calories: 343. Total fat: 19 g. Healthy solution: Buy a reduced-fat version or make your own egnog using egg whites.
- Hot Chocolate (12 oz., with whole [milk](#) and whipped cream). Calories: 310. Total fat: 16 g. Healthy solution: Use non-fat milk and skip the whipped cream and marshmallows.
- Peppermint Mocha (16 oz., with 2 percent milk and whipped cream). Calories: 400. Total fat: 15 g. Healthy solution: Add 1 tablespoon of Coffee-mate seasonal flavor peppermint mocha to your cup of joe instead.
- Pumpkin Spice Latte (16 oz., with 2 percent milk and whipped cream). Calories: 380. Total fat: 13 g. Healthy solution: Order a smaller size and sip slowly.
- Champagne (8 oz.). 156 [calories](#). Toast in the New Year in moderation. The more you drink, the higher the calorie count, and the more likely you will be to overindulge in food.

"It's OK to treat yourself to your favorite holiday drink," Schantz said.

"But try to do it in a way that won't bust your waistline."

Provided by Loyola University Health System

Citation: Tips for lower calorie beverages offered by Loyola dietician (2010, December 21)  
retrieved 21 July 2024 from <https://medicalxpress.com/news/2010-12-calorie-beverages-loyola-dietician.html>

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