

## Examples of nourishing drinks

Low calorie drinks (Less than 50 calories)	Calories	Size
Water	0	Tumbler
Sugar free/diet drinks	Less than 2	Tumbler
Tea /Coffee	15	Cup
Tomato juice	20	Glass
Ginger ale	30	Tumbler
Shandy	30	½ pint
Cordial with water	45	Tumbler
Lemonade	45	Tumbler
Moderate calorie drinks (50 – 100 calories)	Calories	Size
Fruit juice	60	Glass
Sherry	60	Glass
Milk (skimmed)	65	Tumbler
Cola	80	Tumbler
Larger and beer	85	½ pint
Milk (semi skimmed)	90	Tumbler
Cordial with lemonade	95	Tumbler
High calorie drinks (100 – 200 calories)	Calories	Size
Cider	110	½ pint
Milky coffee	125	Cup
Milk (Whole/full cream)	130	Tumbler
Hot chocolate (all milk)	170	Cup
Malted drink (all milk)	185	Cup
Milk shake	200	Tumbler