

Low Calorie - Summer Drinks

Sodas, sports drinks and energy drinks are high calorie drinks that while convenient, add many additional calories with little to no nutritional benefits. Sodas typically have about 100 calories per 8 oz serving. Here are some suggestions for cool refreshing summer drinks with fewer calories.

DRINK	SERVING	CALORIES
Water	8 oz	0
-add a slice of lemon lime, or orange for flavor		
Sun Tea (even on a cloudy day)	8 oz	0
-Place 4 small tea bags (or one large family sized tea bag) into a clean gallon container filled with warm water, (an empty plastic milk jug works well), place in the sun or on your countertop, tea will be ready in about one hour, store in refrigerator		
Lemonaid/Lime Aid	8 oz	45
-Juice from 2 large Lemons or 3 Limes -1/2 cup white sugar -1/2 gallon water		
Kool-Aid(1/2 sugar)	8 oz	45
-one package unsweetened Kool-Aid -1/2 cup white sugar -1/2 gallon water		

Makes 8 servings.