

Eat This, Not That: Beverage Edition



One of the most over looked areas when it comes to calorie intake is beverages. Common beverages that might increase your calorie intake are sodas, coffee drinks, teas, and of course, Alcoholic drinks. People can easily add 1,000 calories to their daily intake in beverages alone! A good example of this is Starbucks. A blended Frappuccino at Starbucks can average out to 550 calories more or less depending on the flavor. A simpler order such as a vanilla latte can even add 240 calories to your daily intake. Not into coffee? One 20 ounce bottle of soda can weigh in between 180 and 240 Calories. Even Teas can get you into trouble too. Most people think teas are the healthier option for you, but If you are drinking sweetened tea it can end up averaging 200 calories per 20 ounces. Which is a close second to soda! Of course we all know that one of the biggest sources of added calories is alcohol. Fancy craft beers can average between 150 and 200 calories per 12 ounces of beer. White wine drinker? You are looking at about 120 calories for 5 ounces of wine. Like tequila? You would average around 680 calories in a 12 ounce margarita using store mix. All of these calories add up! All of these choices can be avoided or even replaced with healthier alternatives.

Breakfast Drinks

Bad Options

- Krispy Kreme Mocha Chiller: 20 ounces is 1,050 calories
- Starbucks White Chocolate Mocha: 20 ounces is 580 calories
- Bottled Orange Juice: 8 ounces is 65 calories

Good Swap Options

- Black Coffee: just 6 ounces is 5 calories
- Fresh Squeezed Orange Juice: 8 ounces is 65 calories
- Nonfat Misto at Starbucks: a grande is 70 calories

General Drinks

Bad Options

- Soda: variety of 12 ounces can average 110-160 calories
- Lemonade: 8 ounces is 100 calories
- Sweet Tea: 8 ounces is 70 calories

Good Swap Options

- Sparkling Water: is 0 calories
- Unsweetened Iced Tea: is 0 calories
- Kombucha: 8 ounces is 35 calories

Alcoholic drinks

Bad Options

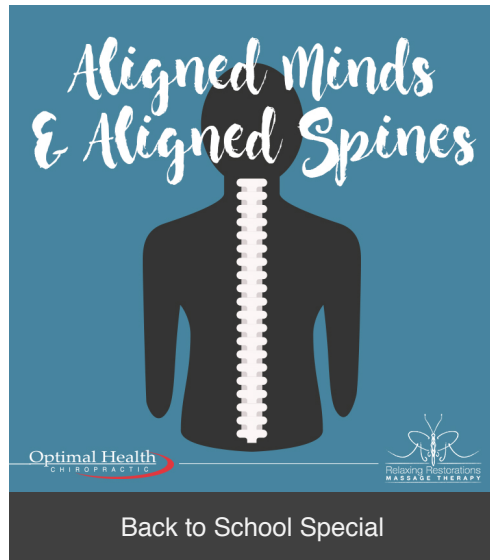
- Craft Beer 12 ounces can be 140-210 calories
- Margarita 16 ounces is 450 calories
- White Wine 5 ounces is 120 calories

Good Swap Options

- Session beer is between 100-150 calories
- Fresh squeezed margarita is 120-130 calories
- White Wine spritzer is 75 calories

Here's to smart sippin' -- you don't have to miss out on your favorite drinks altogether, but always know, there's alternatives out there that won't break the calorie break!

- Dr. Chris



Aligned Minds & Aligned Spines

Relaxing Restorations Massage Therapy is helping you make your back to school time a little easier this year. As our kiddos are heading back to align their minds, we're here to help you align that spine! August 21st - August 31st, if you schedule a massage service and chiropractic service in the same day, you'll receive \$10 off your massage!

We're also happy to share that Relaxing Restorations Massage Therapy is also running a couple other specials this month:

1. August 1-10, get FREE CBD upgrade with every session of 60 mins or more (choose from level 3 oil, level 3 cream or level 5 ointment). Also 30% off cupping upgrade.
2. August 11-20, we are having a Gift Certificate Sale! 10% off all gift certificates of 60 mins or more AND when you purchase a GC as well as follow us on IG, tag a friend (in the post RRM will be doing) and like us on FB, you'll receive an entry for a gift backpack valued at over \$300.

Meet Lani from Jasmine Pearl Acupuncture

We could not be more excited to introduce you to Leilani Houston, of Jasmine Pearl Acupuncture! Starting August 1st, Lani will be offering acupuncture services in our office. Call us if you'd like to learn more or get on her schedule or **schedule online** [here](#).

Lani is also running an August special for all new clients in our office. Save \$40 off your first consult and acupuncture treatment!

A little about Lani! Lani is a graduate from Colorado School for Traditional Chinese Medicine with a Masters degree in Traditional Chinese Medicine. She spent the last five years specializing in musculoskeletal and digestive disorders. Leilani uses acupuncture, cupping, Tui Na, e-stim, microsystems, and Chinese herbs to help her patients get back to wellness. Leilani holds certifications in Theta Healing, and has her Reiki II degree. She is also a former Paramedic.



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