A day of beverages: How many calories do you drink in a day?

In the table below, find your beverage with calories listed for different sizes. List the number of calories you drank in the far-right column. Add up your calories from beverages for the day.

Beverage	Calories*			How many calories	
	8 ounces	16 ounces	20 ounces	did you drink?	
Water	0	0	0		
Regular soda	(12 oz.) 150	200	250		
Diet soda	0	5	10		
A 4'11	25	470	0.10		
Milk – skim	85	170	210		
Milk – 1%	100	200	250		
Milk – 2%	120	240	300		
Milk – whole	150	300	375		
Milk – chocolate (low fat)	160	320	400		
Soy Milk	100	200	250		
Milk shake	280	560	700		
100% Fruit Juice	110	220	275		
Fruit Smoothie	200	400	500		
Fruit Punch	120	230	300		
Sports drink (like Gatorade)	(12 oz.) 80	110	(32 oz.) 200		
Energy drink (like RedBull)	110	110	(02 02.) 200		
Black coffee	2	4	5		
Coffee with cream and sugar	50	100	125		
Coffee with nonfat milk and	15	30	40		
artificial sweetener					
Mocha coffee drink	200	400	500		
Frozen blended coffee drink	(12 oz.) 270	350	(24 oz.) 460		
Sweetened iced tea	100	200	250		
Unsweetened iced tea	0	0	0		
Total c	alories from	beverages f	or the day:		
i otai o	Total calories from beverages for the day:				

^{*} Calories listed are estimates. Actual number of calories will depend on brands and restaurants.

? How did you do? Are you drinking more calories than you need? Which beverages could you drink less of? Are you drinking enough water during the day?