Drinks Guide

What to drink?

The most thirst quenching drink is water. It contains no extra kilojoules (energy) and is generally free. Unfortunately most of us want something a bit more interesting than water.

This is a list of drinks from the least kilojoules to the most kilojoules for a variety of drinks, so that you can be more informed about your choices. The kilojoule content will vary depending on the brands you choose.

Drink (250ml or 1 cup unless stated otherwise)	Kilojoules - kJ (divide by 4.2 for calories)
Water	0
Unflavoured Mineral water or Soda water	0
Water with a squeeze of lime/lemon juice	3-7
Diet soft drink	3
Cup of black tea	4
Coffee black	20
Diet cordial	30
Cup of tea with milk	75
Cup of tea with milk & 1 sugar	145
Cordial concentrate 1 tablespoon	220
Skim milk	390
Tonic water	400
Soft drink	400
Latte with low fat milk	430
Flat white with full cream milk	430
Beer	300 - 440
Orange juice	470
Iced tea	500
Alcoholic Cider	570
Reduced fat milk	590
Cappuccino or Latte	600
Latte with low fat milk and syrup	700
Full cream milk	740
Barista Bros Iced Coffee	725
Red wine	800 - 850
Iced coffee with ice-cream and cream	940
White wine	670-1300

Choose drinks that add to your nutritional needs