Rethink your drink

What to know before you sip page 4

MMMM!
Raspberry-Lemonade Vodka Slushies are only 3 SmartPoints™ value each!

RECIPE, PAGE 3
Pour 4 cups lemonade into 2 standard ice cube trays (16 cubes each). Freeze cubes until solid (several hours or overnight). Reserve remaining 2 cups lemonade in refrigerator. • When ready to make slushies, combine 1 tray lemonade ice cubes, 1 cup reserved refrigerated lemonade, ¼ cup soda, ½ cup vodka, and ¼ cup lemon juice in blender; blend until smooth. Pour into 4 glasses; garnish each with a small skewer of raspberries and some mint leaves. Repeat with remaining ingredients to make 4 more slushies. Yields 1 cup per serving.

6 cups prepared low-calorie raspberry lemonade mix, made with water
8 fl oz lemon-lime diet soda
8 fl oz raspberry vodka
½ cup fresh lemon juice
6 oz raspberries
¼ cup fresh mint leaves, for garnish

3 SmartPoints™ VALUE PER SERVING // PREP 10 MIN // FREEZE 4 HR // SERVES 8

These grown-up drinks get easy, delicious tang from a powdered drink mix. Garnish with small skewers of fresh raspberries.

[PARTY POUR]
RASPBERRY-LEMONADE VODKA SLUSHIES

My solution: I order sangria (5 fl oz is 5 SmartPoints). I ask the bartender to mix it half and half with seltzer, and add fruit. It comes in a big glass. I can have two and don’t feel deprived! —JENNA

THOUGHTS FROM A LEADER
My challenge: Going out with friends, I’d order a frozen daiquiri. But learning it’s 11 SmartPoints value was an eye-opener.

My solution: I order sangria (5 fl oz is 5 SmartPoints). I ask the bartender to mix it half and half with seltzer, and add fruit. It comes in a big glass. I can have two and don’t feel deprived! —JENNA

3 WAYS TO WOW YOUR WATER

1. Go beyond lemon and add a squeeze of fresh lime, clementine, grapefruit...
2. Stir in cucumber slices and a few sprigs of mint.
3. Mix in frozen apple chunks, grapes, or berries.

That’s how many SmartPoints a 12 fl oz frozen chocolate mudslide would cost you! (Is it worth it? You decide.)

How did you #RethinkYourDrink? Share on Connect on the mobile app (for subscribers).

LAST WEEK LOOK-BACK
Did you make a plan to ask for support? If you asked for support, how did it go? What did you learn?
Rethink your drink

Living “beyond the scale” is all about being happy, healthy, and balanced. That includes relaxing evenings at home, family celebrations, nights out with friends. A glass of wine or a beer or a soda can enhance the experience—if you want it to! On the SmartPoints plan, you choose what’s worth it and make room for it with your Budget. The facts here can help you decide.

1 Drinks—alcoholic or not—can be high in SmartPoints values. With cocktails, there’s the alcohol itself (a typical 1½-fluid-ounce serving of vodka, rum, or other liquor is 3 SmartPoints), and then there are mixers (often sweet, like juice or tonic). Sometimes they’re creamy, too—check out the SmartPoints on that piña colada! (Wine can be a less-pricey choice.)

2 Beverages don’t tend to satisfy you the way solid food (and even soup) can. You’re drinking rather than eating, so you’re not chewing, which may affect the signals between belly and brain that indicate satisfaction. (That’s why fruits and veggies blended into drinks count toward the SmartPoints value.)

3 Alcohol can affect your judgment. So you might be inclined to eat larger portions, and make not-so-great choices (bar peanuts ring a bell?). If you’re in a social setting, that can further loosen the reins. But it’s unwise to drink on an empty stomach—pre-plan your meal, or if it’s happy hour, plain popcorn, raw veggies, or a low-fat yogurt dip can be good snack options.

4 It’s not only the hard stuff you have to watch out for. Non-alcoholic beverages can contain sky-high amounts of sugar and sometimes fat. Here’s what 12 fl oz will cost you: A latte with low-fat milk is 6 SmartPoints value, a fast-food sweet tea is 5, and an energy drink is 13.

Choose your booze (or not!)

Some smart moves: Go for the “cheaper” option—wine and light beer are good bets—swap in diet mixers, and stop at one.

NOT SO SWEET Another reason not to overdo sugary drinks: It can be bad news for your teeth, leading to decay, cavities, even gum disease.
"The sidewalk! It's free! You just go outside and walk on it!" — Scott, Miami, FL

"My Fitbit®! I have weekly step challenges with other Weight Watchers® friends to stay more active." — April, Hamilton, OH

"My Fitbit® and BodyGlide® anti-chafe balm. It keeps my runs pain-free!" — Susie, Grand Rapids, MI

"Grab h2o Before, during, and after your workout." — Riss Giuffre, Personal Trainer, Wello.com

"It keeps your balm. SmartPoints™/one LP/one LP/one LP/one LP TM value."

"SAV E $2.00 on any Frozen Products...

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This week’s action plan

Decide whether you want to add a glass of wine or other drink to your SmartPoints Budget, and plan how you can fit it in.

GET YOUR DRINK ON
Our Portion Control Glasses are sheer genius: Elegant, etched lines discreetly mark 5, 6, and 8 fl oz servings, for smart, subtle sipping. Set of 2 dishwasher-safe glasses.

Available in participating meeting locations.

REMEMBER...

to include WHAT you will do and HOW you will do it (think of “when,” “where,” and “who”).

NEXT WEEK

Get glowing!

Get more plan-wise drink tips: Check out “Weekly Extra” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

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