

Mayo Clinic Minute

Are you drinking empty calories?

VIDEO	AUDIO
Graphic: Fill you up Don't build you up	Empty calories may fill you up for the moment, but they don't build you up for the long haul.
Title: DONALD HENSRUD, M.D. MEDICAL DIRECTOR Mayo Clinic Healthy Living Program	"What it means is that a food such as sugar contains calories, but no nutrients.
	Dr. Donald Hensrud is the medical director of the Mayo Clinic Healthy Living Program. He says sugary drinks are a good example.
	<i>Sound of a can of soda being opened</i>
Graphics: Add: Calories Lack: Fiber Vitamins Minerals	They come with calories, but lack important nutrients like fiber, vitamins and minerals.
	<i>Sound of glass being filled with ice</i>
	<i>Sound of glass being set on a countertop</i>
	Dr. Hensrud says alcohol is another empty-calorie culprit.
	<i>Sound of alcohol pouring</i>
Donald Hensrud, M.D.	"Even though the guidelines say up to one to two drinks per day, it's not a good idea to drink every day."
	That's especially true if you're watching calories.
Graphic: 5 oz. wine = 100 calories	According to <i>The Mayo Clinic Diet</i> book, a five-ounce glass of wine is about 100 calories.

Graphic: Shot of alcohol = 100 calories	A shot of 80-proof alcohol is also about 100 calories. And a mix adds more.
Graphic: 12 oz. beer = 150 calories	And a regular 12-ounce beer is 150 mainly empty calories.
Donald Hensrud, M.D.	“Alcohol just contains extra calories. We’ve got to store those calories someplace.”
	Something to keep in mind before that next toast.
	<i>Sound of wine glasses clinking</i>
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Jeff Olsen.