



A MOJITO
AVERAGES
150
CALORIES PER
GLASS

KEEP IT SIMPLE

The more complicated the drink, the more caloric it's likely to be, says Wilson. That's because mixers are packed with sugar. For instance, a margarita using premade mix could weigh in between 500 to 700 calories. Subbing in seltzer or coconut water for fruit juice, regular soda or tonic cuts calories almost in half.

FIND A NEW FLAVOR

Infused vodkas and flavored rums are becoming more and more popular—and only add about five additional calories per ounce. Try this two-ingredient Caribbean cocktail: one shot coconut-flavored rum and one shot banana-flavored rum over lots of ice.

WHEN IN DOUBT, SAY "MO"

A mojito averages about 150 calories per glass, making it one of the lighter summer drink orders out there. Since most of the calories come from alcohol and sugar, ask the bartender to make yours with half the sugar.

GET SWEET ON FRUIT

Sangria may sound like a light option, but it's often loaded with table sugar, syrups and hard alcohol. Instead, add naturally sweet fruit like apples, raspberries and peaches to wine and let the flavors meld in the fridge before serving. "It's pretty and seasonal, and you'll get antioxidants and fiber from the fruit," Wilson says.

SKINNY SIPS

LIGHTEN UP YOUR FAVORITE SUMMER COCKTAILS WITH THESE SIMPLE STRATEGIES. BY MARIDEL REYES

■ When the temperature rises, all you want to do is kick back with your girls—and a fruity cocktail. But your favorite concoction might be packing more calories than an entire meal, says Christy Wilson, R.D., a Mexican American nutritionist based in Tucson, Arizona. A piña colada, for example, contains a whopping 644 calories—that's more than a fast food burger! So next time you head to happy hour, follow these easy tips to save calories and your waistline.

THROWING A PARTY?

Make this simple skinny cocktail from Duane Fernandez Jr., bartender at New York's ACME restaurant:

La Furia Roja

1 oz. Leblon cachaça
¾ oz. fresh-squeezed lemon juice
¾ oz. hibiscus tea
Club soda

Combine cachaça, lemon juice and tea with ice in a cocktail shaker. Shake and strain over fresh ice. Top with a splash of club soda. Garnish with rosemary.