




News from the Dragon's Den



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- 12 Sept - Mid-Autumn Holiday
- 21-23 Sept G6-11 Camps

From the Head of School – Mrs Anne Fowles

Dear SSIS Parents and Community,

SSIS 15th Anniversary Celebration September 8th

Our 15th Anniversary Celebrations will begin with a formal programme at 11.18 am on Thursday September 8th. The morning programme will be attended by dignitaries, invited guests, senior staff and parents. The programme for students will take place in the afternoon beginning at 2 pm. All of our students and staff will assemble on the track area for a special celebration. Parents are invited to join in the day.

15th Anniversary Ball September 24th

We have a fantastic group of parents and staff assisting with the arrangements for the SSIS 15th Anniversary Ball, which looks set to be the event of the year!

Date: September 24th

Venue: Intercontinental Hotel Ballroom

Time: 6-12 pm

Programme: Cocktails, light meal with drinks, entertainment, dancing

Dress: Formal or Cocktail Attire

Theme: School colors of silver, red and blue (optional)

Tickets: RMB 250 per person , available in school from September 7.

This is an open invitation to staff, parents and others in the SSIS community to join in the 15th Anniversary Ball celebrations.

ACAMIS Board Visits SSIS

The Board of the Association of China and Mongolia International Schools (ACAMIS) held its September meeting in SSIS this Friday, with myself as the chair of the meeting. ACAMIS has a membership of 54 schools across the region. Through its mission "Linking Students and Schools within ACAMIS' the organization provides a huge range of sports, cultural, arts and other activities for students as well as conferences and professional development opportunities for teachers and administrators.

Photo of ACAMIS Board

Best wishes,
Mrs Anne Fowles,
Head of School





From the Elementary Principal – Mr Mark Treichel



Week 3 of the new school year has whizzed by with a wide range of different activities happening throughout the school. This week Grade 5 students travelled to Shanghai to visit the Art Museum as part of their unit “How We Express Ourselves” which explores how ideas and emotions can be expressed and interpreted in different ways. Students have also had the opportunity to listen to and question a number of guest speakers who are local artists: Nathan Pelton, Nadine Bastow and Paulo Cohen-Meyers.

Grade 4 students invited parents and friends to their classrooms on Thursday as part of their “Who We Are” unit of inquiry which explores beliefs and values of families. Students are inquiring into how these beliefs and values impact on their daily lives. We really appreciate the time and effort of parents and friends who attended to share this information with our students. I know the kids enjoyed having you as part of their classes.

The Pre-Kindergarten and Kindergarten after-school swimming program commenced this week. It will run each Thursday afternoon until 10 November. Parents are required to pick up their children at the end of the activity at 4.35pm. Thank you to the 5 teachers and 3 CAS students who run this program. If you are interested in having your child join please contact Tasha Copeland tashacopeland@ssis-suzhou.net

The Swim Team is up and running and will be hosting a major ACAMIS Swim Meet at SSIS on September 17. Over 600 swimmers from throughout China are expected to join in this event. This is a significant event for our school and organizers.

Next week the school celebrates its 15th Anniversary with an official ceremony for invited guests commencing at 11.18 in the theatre. In the afternoon students will be involved in a photo shoot on the sports field to commemorate this important event at approximately 2.00pm. Dragon dancers will perform at this time also. Please feel free to come along and join in.

From the PYP Coordinator – Mr Dom Thomas



Kath Murdoch Inquiry Workshop at SSIS

Last Sunday 77 teachers from schools in Suzhou, Shanghai and Wuxi came together to complete a one day workshop with Kath Murdoch at SSIS. 35 of the teachers were from our school and this was a fantastic opportunity for them to work with a leading expert in the area of inquiry teaching.

Kath Murdoch talked to the teachers about inquiry as a teaching method and helped the teachers to think about what they do in the classroom and how to improve on units of work. As lifelong learners we are all constantly trying to improve what we do. We can do this by reflecting on our work and by collaborating and sharing with others.

It was great for SSIS to host this workshop and for our teachers to have the time to work with Kath Murdoch. Part of being an IB school is showing a commitment to staff development and this is one way that we support our staff.



Becki's Blog

Uniform

It has been wonderful to see all the children back and in their new uniforms. They look very well dressed. Can you continue to ensure that your child is dressed in proper school uniform? If you need more uniform items please go to the uniform shop opposite the nurse's room. Below is the excerpt from the parent handbook. If you have any concerns over uniform please see your child's teacher.



11.02 School Uniform

All students from Nursery to Grade 10 are required to wear school uniforms. Students in Grade 11 and 12 are entitled to wear clothes of their own choice. However, their clothing should be in keeping with what is expected in a school environment; the school and these students will agree upon an 'acceptable clothing policy'. The uniform should not be altered without the prior approval of the divisional Principal.

There is no specified type of shoe to be worn, but it must be black in colour. However, proper and suitable footwear is necessary both indoor and outdoor activities.

Students are discouraged from wearing any form of jewelry or to bring expensive personal items to the school. The school cannot be held responsible for any losses or damage to such items.

All students from Nursery to Grade 10 will be issued with the standard uniform, as determined by the school before the beginning of each school year, at the start of each year. Additional sets or articles can be purchased through our uniform shop if needed.

校服

很高兴看到孩子们穿着新校服返校了。新校服看上去很漂亮。请确保你的孩子穿着合适的校服。如果你需要更多的校服配件，请去校服商店，学校医务室对面购买。以下是家长手册的一段截取。如果你有任何关于校服的疑惑，请与孩子的老师交流。

11.02 校服

所有从小班到10年级的学生都要求穿校服上学。11和12年级的学生有权利自己选择穿衣。但是，他们的衣着必须与学校氛围相符；学校和这些学生就“可接受的衣着原则”达成共识。在得到部门主任的允许之前，校服不得改变样式。

关于鞋子，除了必须是黑色外没有特别的要求。但是，鞋子必须适合于室内和室外的活动。我们不鼓励学生佩戴珠宝首饰，或把昂贵的个人物品带来学校。对于此类物品的遗失和损坏，学校不负任何责任。

所有小班到10年级的学生都将在每学年开学前发到由学校决定的标准配置的校服。如果有需要另外购买，欢迎光临我们的校服商店。





Becki's Blog—continued

교복

단정하게 새교복을 입고 등교하는 학생들을 보면 마음까지 신선하게 합니다. 등교할 때는 교복을 알맞게 착용하도록 지도해 주세요. 만약 교복에 이상이 있거나 더 필요한 품목이 있으시면 양호실 건너편에 위치한 교복 샵에서 구입하시길 바랍니다. 아래 내용은 학부모님용 안내서의 내용 중 교복에 관련된 일부입니다. 만약 교복과 관련된 문의 사항이 있으시면 담임 선생님과 상담하세요.

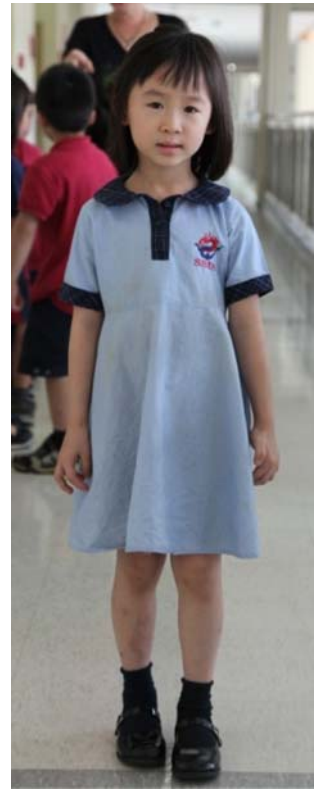
11.02 학교 교복

유아부터 10학년의 본교 학생은 교복을 착용해야 합니다. 11학년부터는 본인이 선호하는 옷을 입을 수 있습니다. 그러나, 학습 환경에 걸맞는 옷이어야 합니다.: 학교와 본교 학생들은 '학생다운 의복 규칙'에 동의할 것입니다. 교복은 학교 교장의 동의 없이는 변형이 불가능합니다.

학교에서 구입할 수 있는 신발은 없습니다. 하지만 검정색의 신발이면 됩니다. 실내와 실외 활동에 따라서 알맞은 신발의 종류를 착용하길 바랍니다.

악세사리 착용하거나 고가의 물건을 학교에 갖고 오는 것을 권유하지 않습니다. 학교는 어떠한 도난, 분실 그리고 손상에 대한 책임을 지지 않습니다.

매년 학기가 시작하기 전에 유아부터 10학년들까지 교복을 제공합니다. 개인적의 필요에 따라 필요한 품목들을 교복 샵에서 구입이 가능합니다.



감사합니다.

Thank you

Becki Clentworth

Elementary Assistant Principal

Elementary Library

Welcome to the Elementary Library!

Borrowing for students:

Nursery: 1 book per week

Pre-K & K: 2 books per week (1 English; 1 in language of choice)

Grades 1-5: 4 books per week (2 English; 2 choice; 1 Chinese if enrolled in Chinese class)



Please help your child to remember his or her library day, so he or she will be able to borrow new books each week. Sometimes you child may want to exchange books before the class' next scheduled library time. I encourage students from Kindergarten to Grade 5 to get a library pass from their homeroom teacher, so they can visit the library at break time or during the second half of lunch to exchange books. Your child's homeroom teacher may also allow exchanges at different times during the week.

Looking forward to seeing you in the library,

Ms. Eileen

Elementary Teacher-Librarian

eileenhurley@ssis-suzhou.net

ESL Corner



How can I help my ESL student with English?

Here are three tips to help develop your child's English skills:

1. Talk about English language books in your home language.
2. Provide your child with a dual language dictionary.
3. Encourage your child to watch educational television programs in English.

Bonnie Campbell Hill

Language Education Specialist

我如何帮助我的ESL学生提高英语能力?

这里有三个小窍门能帮助你的孩子提高英语能力:

- 用你的家庭语言说说英语书里的内容。
- 给你的孩子准备一本双语字典。
- 鼓励你的孩子观看英语的教学电视节目。

Bonnie Campbell Hill

语言教育专家

어떻게 내 자녀의 영어실력 향상에 도움을 줄 수 있을까요?

자녀들의 영어 실력 향상을 위한 3가지 제안입니다.

- 집에서 영어책을 읽고 이야기하기
- 두가지 언어로 된 사전을 쓰도록 하세요
- 교육적인TV 프로그램을 영어로 보게하세요

Bonnie Campbell Hill

언어교육학자



Are you new to SSIS?



Ni Hao!
We would like to say a very special HELLO to all the new families at SSIS this year!
If you go down to the DS wing you will find some of the newest students at SSIS - Nursery



Welcome Little Bumble Bees - NB



Welcome Little Fish - NA



In Nursery we learn through PLAY!
We use hands on experiences that support learning and help us gain knowledge.



FUN
Engaging
Exploration
Integrated Learning
Caring
Confidence
PLAY
are just some of the words to describe Nursery!

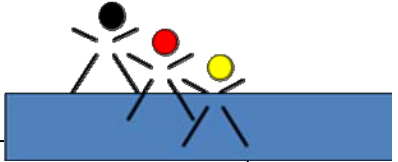


Over the last 3 weeks we have been making new friends and exploring our new learning environment.
We have learned that school can be FUN when we learn and play with our friends and teachers beside us for help, support and guidance.





German Department



Liebe Eltern

Wir moechten uns herzlich fuer Ihre Teilnahme am **Elternabend** bedanken und wir wuenschen uns auch in diesem Schuljahr offene Gespraechе und Gedankenaustausch.

Die Wahl der **Elternvertreter** ergab fuer:
Klasse 1/2 Frau Elsaesser und
Frau Spitz

Klasse 3/4 Frau Rost und
Frau Griffiths

Vielen Dank!!

In diesem Schuljahr bietet das German Department fuer deutsche Schueler folgende „**lunchclubs**“ an:

Montags 12.55 – 13.25 Uhr **Lesen**
(Frau Kullas, DS 307)

Donnerstags 12.55 – 13.25 Uhr **Spiele**
(Frau Heim, DS 308)

Ab dem 1. September wird Frau Linda Oldenburg im GD ein sechswöchiges **Praktikum** mit Schwerpunkt Englisch absolvieren.

Herzliche Gruesse, Ihr Kollegium

Dear Parents

Thank you for your attendance at the **Parent information evening**. We appreciate the open and transparent discussions we had and we are looking forward to the continued exchange of ideas.

The **parent representatives** are for:
Grade 1/2 Mrs Elsaesser and
Mrs Spitz

Grade 3/4 Mrs Rost and
Mrs Griffiths

Thank you very much!

The German Department offers this year the following “**lunchclubs**” for German students:

Mondays 12.55 – 1.25 pm **Reading**
(Mrs Kullas, DS 307)

Thursdays 12.55 – 1.25 pm **Games**
(Mrs Heim, DS 308)

On 1st September Mrs Linda Oldenburg starts a six week **internship** in our German Department, mainly in English with Mr Menge.

Warmest regards, the teachers



From the Secondary Principal – Mr Nicholas Little



This year, Grades 11 and 12 started a new weekly library skills class with our new librarian, Douglas Glenn; Grades 6 to 12 are scheduled to see him monthly. Inquiry skills are increasingly fundamental to the learning process. It is not enough for students to be given information by a teacher with an explanation on how to use it. We live in a fast changing world, in which we need to be self-motivated learners; passively waiting for knowledge and understanding will leave us stranded.

Douglas will encourage a process of inquiry in all lessons and consolidate this in his library period which begins with students learning to ask the right questions: where to look for information, how to judge the reliability and usefulness of it, how to make notes or otherwise gather information, and finally how to present it. These are not things that are taught in addition to subject knowledge and skills, it is part of how we learn: student led learning with teachers providing active support.

One of the reasons that universities value IB programmes so highly is not just the academic rigour, but its mission to encourage students to be self-motivated lifelong learners and citizens of a global community. We look to develop our own courses with these values in mind.

From the IB Diploma Coordinator - Mr Matthew Marshall

The G12 students will have an academic year, with assignment deadlines, mock exams and the DP exams in May.

In order to help our G12 students be aware of the various assignment deadlines, we have created the *SSIS G12 Academic Deadlines* document. This document can be found in the *Downloads* section on the left side of the *High School* page on the SSIS website.

The *SSIS G12 Academic Deadlines* are also located in the *G12 Homeroom* section of DragonNet and are posted around SSIS. This document allows the G12 students, and their teachers, to plan ahead to ensure that the various IB DP assignments are completed on time and with care.

There are two new classes at SSIS this year for G11 and G12 that have been created to help students be organized and manage their time in a productive manner. These are the CAS class and Library Skills class, which are now part of the timetable for all G11 and G12 students.

These courses are non-academic and students will not receive a grade on the SSIS Reports. The CAS class will allow students to keep their CAS Journals up-to-date and plan CAS activities. The Library Skills class will help the students with research and citation skills, and also monitor their progress on the Extended Essay assignment.

Organization and time-management are required of IB DP students if they hope to successfully complete the demanding and challenging two-year DP programme. By creating classes like CAS and Library Skills, we are helping our G11 and G12 students to learn the value of having organizational skills and using their time productively.

The G12 Academic Deadlines for September are:

- English A1 World Literature Essay #1 is due on September 19th.
- Korean A1 World Literature Essay #1 is due on September 26th.

If there are any questions regarding the IB DP or HSD at SSIS please email me at matthewmarshall@ssis-suzhou.net.



Peer Ambassadors

A new initiative has started at SSIS. Peer Ambassadors is a program that aims to help welcome visitors, new students and families to our school. The group was formed last spring. Students in grades 7-11 were invited to join the group, and over 40 children have volunteered their time and talents to the program. Events to date have included Reception Day, Orientation Day, and Parents' Evening. More events are in the works. Peer Ambassadors is modeled on a system in place at the American International School in Dhaka. Sponsors Barbara Moskol, Mark Voigt, and Susan Cover would like to thank the Peer Ambassadors for a job well done, and are looking forward to working with the group throughout the year. This picture shows just a few of SSIS's hard-working Peer Ambassadors.



Intramurals

The first round of Middle School Intramurals took place this morning, with students choosing from a variety of activities. Students played Tug-of-War, shot baskets, dribbled soccers, and practiced other skills in the gym to earn points for their respective homerooms. The overall goal is to cooperate, communicate, and have fun during extended homeroom lessons, which take place every Friday in grades 6-8. Mr. Peter Fowles and Mr. Brett Nugent are in charge of keeping track of total points throughout the year for each of the five homerooms: L, E, A, R, N.

Tech Tips and Tools

Backing up your data

"Backing up your data is vitally important", this is my mantra to the kids every week. Especially at this time of year. It is good to start the year with good habits and maintain them. Every year we have students that lose all their data, that means losing school work, assignments, bookmarks. even all the files they have downloaded. This results in unhappy students, parents and teachers.

Data loss can happen in many ways. One of the most common causes is physical failure of the media the data is stored on. You probably have everything saved on your hard drive. That hard drive will not live forever. To quote a friend of mine, "there are only two types of hard drives – the ones that have failed and the ones that will fail." Yes, normally hard drives will live for years without incident. But eventually they will die. It might happen gradually, by more and more bad clusters accumulating until most of the drive is unusable. Or it might happen suddenly, the hard drive just dies without warning.

The easiest way to back up your data on a Mac is to buy a removable hard drive and use Time Machine to automatically back up all your data when the hard drive is plugged in. Time Machine is already on your machine and should be ready to use.

Here is a link to an online article on how to use time machine <http://www.wikihow.com/Use-Time-Machine-on-a-Mac-Leopard-10.5>

Geoff Derry
Learning Technology Teacher
geoffreyderry@ssis-suzhou.net



Activities

Saturday Morning activities begin this Saturday.

Tae kwondo and gymnastics information can be accessed on the website.

Football Saturday mornings: We desperately need parent assistance for this to happen, please contact the activities office.

Updated information has been placed on the school website with information for students on notice boards down the BN corridors.

For further information please contact Mr. Peter Fowles 62893179 or e-mail peterfowles@sis-suzhou.net



**Don't Forget:
Secondary Camps September 21, 22 and 23 2011**

MEDICAL NEWSLETTER



August 31, 2011 Volume 2

‘WHAT YOU DRINK MAKETH YOU’ - UNDERSTANDING BEVERAGES

Beverages can be part of a sensible, balanced diet and play a role in helping children get the nutrients they need. Understanding the role of different beverages in an active, healthy lifestyle can help those who care for children offer beverages in a way that supports children’s growth,



All beverages contribute to hydration, which is important for children and adults alike. Although most children can meet their hydration needs by drinking when thirsty and with meals, children are more susceptible to dehydration, particularly when playing outdoors in the heat. Hence, making scheduled beverage breaks important.

Healthy Beverages

Some beverages are also a good source of nutrients that tend to be low in children's diets. Beverages like milk and calcium-fortified juices and soy beverages provide a convenient way for children to get ‘bone-building’ nutrients. Many fruit juices also provide vitamin C, an antioxidant nutrient that helps keep gums healthy and boosts iron absorption.

Does drinking cold fluids harm your body?

There is no evidence to suggest that drinking cold water is harmful to one’s body per se. However, when dehydrated, it would be preferable to consume cold fluids slowly, as fast consumption can lead to nausea and vomiting. There is also some evidence that in asthmatic children or those with reactive airways, ‘cold drinks’ can potentiate and attack. However, in most healthy children (or adults), consuming cold drinks has not been linked to any specific disease.

When and What to drink?

Your body can tell you it’s time to drink, but it can't tell you what to drink. That's up to you. That's why it's important to learn how different beverages fit into your lifestyle.

On average, eight glasses of water should be sufficient for your daily hydration quota. However, in highly active children and adults, sometimes it is important to double the amount depending on the ambient temperature and degree of activity.

Even for water, there are a whole range of products out on the shelves or in the hyper-marts that we visit around SIP. Below is a simple guide to the type of water you are getting.

TYPES OF WATER (FOR REFERENCE ONLY)

Bottled Water:

The U.S. Food and Drug Administration (FDA) describes bottled water as water that is intended for human consumption and that is sealed in bottles or other containers with no added ingredients, except that it may contain a safe and suitable antimicrobial agent. Fluoride may also be added within the limits set by the FDA.

Spring Water:

Water that comes from an underground formation from which water flows naturally to the surface of the earth. Spring water must be collected only at the spring or through a borehole tapping the underground formation feeding the spring.

Purified Water:

Water that has been processed using methods such as distillation, deionization, reverse osmosis or other suitable processes to meet the criteria for purified water.

Mineral Water:

Water containing no less than 250 parts per million (ppm) total dissolved solids. Mineral water is distinguished from other types of bottled water by its constant level and relative proportions of mineral and trace elements at the point it emerges directly from the source.

Artesian Water:

Water originating from a well that taps a confined aquifer in which the water level stands at some height above the top of the aquifer.

Sparkling Bottled Water:

Water that after treatment, and possible replacement with carbon dioxide, contains the same amount of carbon dioxide that it had when initially emerging from the source. Sparkling bottled waters may also be flavored, using natural or artificial flavors.

Tonic Water:

Carbonated water flavored with quinine and a sweetener like sugar, high fructose corn syrup or low-calorie sweetener. Quinine, from the bark of the cinchona tree, is used as the base flavor in most bitters.

Flavored Water Beverage:

Flavored, non-carbonated beverages that are very lightly flavored and sweetened with low- and no-calorie sweeteners. They may also contain additional ingredients.

The best water to drink is naturally clean, pure and full of naturally occurring minerals:

- **Well water** comes from a hole drilled in the ground that taps into a water source. A pump brings it to the surface. If you do not have access to city water, then you would need a well. This is probably impossible in the city we live.
- **Natural spring water** flows up from a natural spring and is bottled at the source.
- **Artesian or spring waters** come from a natural source but are bottled off-site and are processed and purified.
- **Mineral water** could be natural spring water or artesian water, comes from an underground source, and contains at least 250 parts per million (ppm) of dissolved solids, including minerals and trace elements.

All of the types of water mentioned above have essential minerals and nutrients like magnesium, potassium, and sodium.

SOME FACTS ABOUT BEVERAGES

While all beverages hydrate, some also provide important nutrients your body needs. Some relax you. Some energize you. Some simply satisfy your natural taste for sweetness - with calories or without. Some help you perform your best. And some can even help you manage health concerns.



MILK

Milk is available in many varieties, including whole milk, 2% milk, 1% milk, skim milk, flavored, powered, lactose-free, evaporated, condensed, and buttermilk. Milk is an excellent source of calcium and good source of other essential nutrients, including vitamin D, potassium, vitamin B12, riboflavin, phosphorus and protein.

An 8-ounce glass of milk contains 300 mg of calcium, or about one-third of the daily recommended calcium intake for adults under the age of 50. In the U.S., cow's milk is uniformly fortified with vitamin D to a level of 25% of the Daily Value per 8-ounce serving. The fat content of milk significantly affects its caloric level. Skim milk is virtually fat-free and contains about 88 calories per 8-ounce serving. Choose milk according to your child's weight and needs.



SOY BASED DRINKS

Many soy-based beverages contain an array of nutrients including protein, carbohydrates, potassium, B vitamins, iron, phosphorus and trace amounts of sodium and magnesium. Many are also fortified with nutrients, most commonly vitamin A, calcium and vitamin D, while some also have added riboflavin, zinc and vitamin B12. Soy contains fairly high levels of phytochemicals including isoflavones and phytosterols.



FRUIT JUICES AND JUICE DRINKS

Most 100% juices are a natural source of potassium, folate and antioxidants, including vitamin C and beta-carotene. Many fruit and vegetable juices are also a source of phytochemicals, substances found in plants that may have health-protective effects. And, because juices are derived from fruit, they naturally contain fructose, a simple sugar found in fruit that provides carbohydrates and calories (energy).

Juices are available in many varieties including fresh-squeezed, pulp-free, home-squeezed, not-from-concentrate, concentrate, flavor blends, fortified, and those that contain functional ingredients, such as plant sterols.

Juice drinks contain fruit juice, but at levels less than 100%. Some contain 50% fruit juice or more, while others contain 5% or less. Manufacturers are required to label the percent of real fruit juice in the product. The nutrient content of juice drinks depends on how much 100% juice is used in the product and on whether any nutrients are added. In the U.S., the nutrition facts panel on juice drink packages provides information on juice content, calories, vitamins and minerals, and other nutrients.



Regular sports drinks contain energy-yielding carbohydrates plus electrolytes, including sodium, potassium, and chloride. Most sports beverages are formulated to provide recommended amounts of energy to support optimal performance during prolonged physical activity and to help maintain fluid balance by replacing the electrolytes lost through perspiration.



SOFT DRINKS

Soft drinks are non-alcoholic carbonated beverages containing flavorings, sweeteners and other ingredients.

Depending on the sweetener used, soft drinks may or may not contain calories. Soft drinks include regular, diet, low-calorie, mid-calorie, flavored, caffeinated and caffeine-free drinks.

Soft drinks are carbonated by adding carbon dioxide into a beverage solution under pressure.

Opening a soft-drink container releases the carbon dioxide in the form of bubbles. These bubbles intensify the flavor of the beverage.

Most regular and mid-calorie carbonated soft drinks sold in the U.S. are sweetened with high-fructose corn syrup (HFCS), a calorie-containing carbohydrate that provides 4 calories per gram. A 12-ounce serving of regular cola-type soft drinks contain about 140 calories, or 11 calories per ounce. Mid-calorie cola-type soft drinks generally contain about half that much. Diet soft drinks contain virtually no calories and are flavored with low- and no-calorie sweeteners, including acesulfame potassium, aspartame, saccharin and sucralose.



COFFEE

Coffee is available in many varieties including caffeinated, decaffeinated, brewed, roasted, instant, flavored, iced and ready-to-drink.

Plain coffee and espresso do not provide calories and but can contain trace amounts of vitamins and minerals primarily from the water used in brewing. However, cream, milk, sugar or other popular flavorings like chocolate and syrups commonly added to coffee can contribute significant calories. While a 12-ounce cup of coffee contains zero calories, the same size mocha latte coffee provides about 340 calories.

Polyphenols, substances believed to have antioxidant properties, are found in coffee and may be beneficial to your health. However, studies examining the health benefits of coffee have found mixed results.



TEAS

Teas come in many varieties including herbal, caffeinated, iced, sweet, instant and ready to drink.

Like coffee, tea does not provide calories, carbohydrates, protein or fat. Teas, particularly green and black, are good sources of flavonoids, substances believed to have antioxidant properties.

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ALCOHOL

The nutrient content in alcoholic beverages depends greatly on the variety of the alcohol. All alcoholic beverages provide calories from alcohol and carbohydrates. Beer also provides a very small amount of protein, potassium and phosphorus, while distilled spirits can contain few vitamins and minerals. Wine contains potassium, trace amounts of sodium and phosphorus, and some phytochemicals such as polyphenols and flavonoids.

Alcohol yields 7 calories per gram - almost as much as fat and nearly twice as much as carbohydrates. Those who choose to consume alcohol should do so in moderation. Moderate alcohol intake is defined as the consumption of up to one drink per day for women and up to two drinks per day for men.