

Just one drink can ruin your diet

Two out of three Britons have no idea how many calories they are consuming in their preferred tittle - even though many are trying to lose weight.



(image: Wikimedia Commons)

They may feel virtuous when they stick to salad and turn down dessert, but many dieters are unwittingly undoing all their good work by accompanying their meal with a favourite drink. [Read on.](#)

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