



TO DRINK OR NOT TO DRINK HEALTHY DRINK OPTIONS

Choosing drinks that are high in sugar is bad for your health and your waistline. Luckily, there are a lot of low-calorie drink options containing vitamins, nutrients and minerals that are essential to your health. So why spend calories on quenching your thirst when you could choose a healthy, calorie-free drink? To help you break the habit of grabbing a soda every time you get thirsty, here are some healthy, tasty drink options:

Water

Of course water is the best drink option available. Not only is it important for numerous bodily functions, it also contains no calories or artificial sweeteners and its free! In order to meet the recommended 8 glasses a day without getting bored, spice up your glass with a freshly squeezed lemon, lime, orange slice or even a cucumber.

Tea

If water isn't satisfying your taste buds, switch out a glass or two for some tea. Homemade iced tea and hot herbal teas are a great option. Be sure to stick with unsweetened tea because added sugar means added calories. Instead, add a splash of 100 percent fruit juice to create a tasty blend.

Fruit Juice

Fruit juice is an excellent drink because it is packed with vitamins and nutrients. When choosing a fruit juice, be sure to pick one that is 100 percent fruit, meaning it is made solely from fruit and has no added sugar. Homemade fruit juice is an even better option to ensure there are no additives.

Vegetable juice

Vegetable juice is a low-calorie choice offering antioxidants and nutrients. Like fruit juice, vegetable juice can be purchased or homemade.

Milk

Milk is an important source of calcium and provides your body with essential vitamins and nutrients. Stick with low fat or skim milk to reduce your calorie intake.

DON'T FORGET TO STRETCH!