



# Better beverage choices

Keep your lunch healthier by swapping soda and other sugary drinks for these healthier alternatives.



## Water with a twist

Add slices of your favorite fruits and veggies — lemons, oranges, watermelon, cucumber, mint or limes — for a refreshing and flavorful drink.

## Go for green tea

Studies show that green tea may help reduce the risk of several types of cancer, heart disease, hypertension, kidney stones and possibly even cavities. Plus, it's calorie-free.

## Bubbly refreshment

Add a few slices of lemon or lime (or both) and a sprig of fresh mint to tonic or sparkling water for a unique and delicious beverage.

## Drink your veggies

Home-made vegetable juice is a quick, low-calorie way to get a serving of veggies.