

Think Twice Before You Drink!

Summer's about to start sizzling! To help you choose the healthiest options to help you keep your cool and stay hydrated, here are my...



AVOID THESE:	CHOOSE THESE ALTERNATIVES:
<u>Sodas</u> – regular as well as <u>diet</u>	Seltzer or sparkling water with lemon, lime or a splash of fruit juice
Fruit punch, lemonade and juice drinks	8 oz or less of 100% juice. Best to dilute juices or juice drinks: 1 part juice and 3 to 4 parts purified water
Water straight from the tap with ice	Filtered / purified tap water - a reverse osmosis system is one of your best bets to clean your water of potential pollutants. <u>Warm / hot water</u> ; lemon or ginger tea
Water packaged in plastic bottles (which can leach toxic chemicals into the water)	Water packaged in glass bottles (glass is non-toxic)
Sports or “energy” drinks	Coconut water
Sweetened iced tea	Unsweetened iced green, black, or ginger tea; can sweeten with stevia
Alcoholic cocktails	One glass of <u>wine</u> a day; red is best
“Vitamin” waters	My <u>Electrolyte Plus</u> drink
Sugary fruit smoothies (made with ice cream, sweetened yogurt, juice or even added sugar)	Breakfast <u>Fruit Smoothie</u> or my <u>Sinatra-Smart Smoothie</u>

Bottom lines:

- Avoid anything with added sugar (especially high fructose corn syrup) or artificial ingredients (sweeteners, colors, “natural” flavors); unfiltered tap water
- Limit consumption of alcohol and juice to one 8-oz glass