

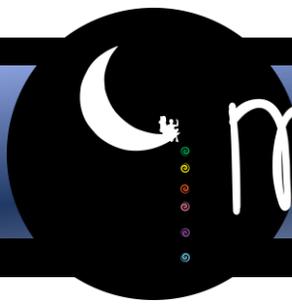
## Substitutes for High Sugar and Artificially Sweetened Drinks

The goal is to let go of high fructose corn syrup and artificially sweetened beverages, as well as artificially flavored and colored beverages too.

Having drinks, on occasion, that contain a little bit of sweetener such as sugar, stevia or another real or non-calorie real sweetener is fine.

- Add herbs or slices of fruit to your water (or create a combination).

Orange	Lemon	Peppermint	Apple
Lime	Pineapple	Spearmint	Tangerine
Cucumber	Pear	Ginger	Basil
- Kombucha (a fermented tea drink)
- Carbonated flavored water. Make sure to choose ones with natural flavor. Bubbly is a good brand.
- Mix 3/4 cup sparkling water (carbonated water) with 1/8 cup or less of 100% fruit juice of choice. See recipe below.
- Tea (made from tea bag or loose tea or purchased without sweetener).
  - Try a new tea.
  - Herbal teas are caffeine free and many contain healthful properties.
  - Enjoy it iced or hot
  - Add a splash of fruit juice to your tea.
  - With teas you can add a bit of honey or sugar. Just focus on using less. Add less and try it. You might be shocked that you will use less than you think you want to use; plus when you stop drinking so much soda and artificial sweeteners you taste for sugar comes down.
- Coffee
  - You can drink coffee black, or with some cream and/or sugar. Just be aware of the amount of cream and sugar you are adding. A little bit does go a long way. Refer to the information under teas.



- Coconut water
- Beer, wine or a spirit (if using a mixing with your spirit, choose one with clean ingredients)
- Lemonade made with real lemon and a little of bit of sugar
- Hot cocoa or Chocolate milk (When making the beverage focus on using more cocoa and less sugar, you can use the hot cocoa recipe below and just chill it for chocolate milk.)
- Fruit smoothie
- Simply a mug of warm water

Note, with calorie laden beverages it is all about amount consumed. Enjoy the beverage but just be aware of the amount you are having. Serve yourself in smaller cups and serve yourself less than you usually tend to serve yourself. Take your time with your beverage, savor every sip!

Whenever you make a beverage yourself, you can control the amount of sugar that goes into it. But if you buy a beverage that contains sugar it usually contains way more sugar than you would've put into it if you made it yourself.

As we hear over and over and over again too much of anything can be harmful to us. So as with anything, this list of drinks should be used with balance and moderation.

## Moroccan Mint Tea

### You'll Need

- 8 cups water
- 6 green tea bags
- Approximately 1 ½ cups fresh mint leaves, slightly ripped (to help release flavor)
- 3 Tablespoons of sugar (start with this amount and then the next time you make it see if 2 ½ Tablespoons is enough).

### Directions

- In a large pot, bring water to a boil. Remove from heat and mix in sugar until dissolved. Add the mint and tea and steep for approximately 10 minutes.
- Remove tea bags and let cool. Once cooled strain out mint leaves and store in a container. Place in fridge.
- Let chill for several hours. When serving serve over ice garnished with mint leaves.

### Get Creative in the Kitchen

- Try using black tea
- Add a splash of lemon
- Use honey instead of sugar



## Grape or Pineapple Spritzers

### You'll Need

- ½ cup grape or pineapple juice
- ½ cup seltzer water
- ¾ teaspoon lime optional)

### Directions

- Mix all other ingredients together.



**Note:** At first you may notice you need to start with a higher juice to water ratio, but over time as you decrease the sugar in your overall diet, you will realize that your juice to water ratio will be similar to the one the recipe above suggests.

### Get Creative in the Kitchen

- Try this with another fruit juice
- Add some fresh muddled mint



## Hot Chocolate or Chocolate Milk

### Ingredients

- ½ to 1 teaspoon sugar
- 1 ½ to 2 teaspoons unsweetened powdered (baking) cocoa
- ½ cup milk

### Directions

- In a saucepan mix together sugar, cocoa and milk. Mix and heat on medium heat until milk is heated through and chocolate and sugar are dissolved.

### Get Creative in the Kitchen

- Try adding a pinch of cinnamon, cardamom, nutmeg, or vanilla
- Chill it in the fridge and serve as chocolate milk.