



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.