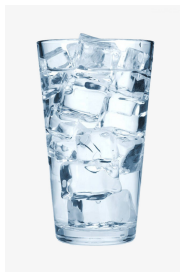


# Healthy Drink Ideas

The healthiest drinks for adults and kids are plain water and low-fat unsweetened white milk or plant-based milks like almond, soy, or rice milk.



Add ice or fruit to water to make it more interesting. Try lemon slices, strawberries and cucumber, blueberries and orange, or blackberries and mint. Do not add any sugar.



Other ideas include either plain or flavored sparkling water with **NO ADDED SUGAR** or artificial sweeteners, like San Pellegrino, Bubly, La Croix, Target Simply Balanced, and Spindrift.



Drinks with artificial sweeteners such as aspartame, sucralose, or erythritol should be limited (no more than once a week). This includes Bai, Crystal Light, Sparkling Ice, and diet soda.

