

Healthy Eating: Healthier Beverage Options¹

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Use this chart to help replace beverages high in sugar, fat, or sodium with healthier alternatives.

Instead of...	Try...
Regular coffee with cream, whole or 2% milk, and sugar	Regular coffee with low-fat or fat-free milk and (one) artificial sweetener
Sweet tea	Unsweet tea. Add one artificial sweetener for a sweeter taste.
Regular soda	Diet soda or a glass of seltzer water with a splash of 100% fruit juice
Whole or 2% milk	1% low-fat or fat-free milk
Lemonade	Club soda with lemon or lime juice
Fruit punch or fruit-ade	100% fruit juice (small glass)
Vegetable juice	Low-sodium vegetable juice
Shake made with ice cream, fruit, and added sugar	Smoothie made with low-fat frozen yogurt and fruit



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1. La versión en español de este documento es *Alimentación Saludable: Opciones de bebidas más saludables* (FCS80011-Span). This document is FCS80011, one of a series of the Department of Family, Youth, and Community Sciences, UF/IFAS Extension. Original publication date March 2012. Revised June 2015. Visit the EDIS website at <http://edis.ifas.ufl.edu>.
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