

# What'cha Drinking?

The healthiest beverages to guzzle down

December 10, 2010 By Janique Burke

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Don't believe the hype about everything you drink. Beverage companies' health claims are often hard to swallow for a reason. Remember last year's class-action lawsuit against the Coke-owned makers of vitaminwater? A federal judge ruled that vitaminwater couldn't be labeled as "healthy" according to Food and Drug Administration definitions. But some drinks are very nutritious, says Lora Ann Welter, a clinical dietician at Beaufort Memorial Hospital in South Carolina. Here, she lists the top five, research-backed beverages that legitimately support a healthy lifestyle.

## **Orange juice**

Yes, it's sugary, but this popular citrus drink is loaded with calcium, plus vitamins C and D. (Just drink a little less.)

## **Kefir**

This tangy probiotic drink—it's fermented cow's milk—enhances digestion, stimulates the immune system and may inhibit bacterial growth.

## **Red wine**

Moderate amounts of this spirited antioxidant drink can boost cardiovascular health. But avoid it if you suffer from high blood pressure or alcohol abuse.

## **Skim milk**

Build muscle and strengthen bones with this excellent source of protein, calcium and vitamin D.

## **Water**

This natural resource provides internal lubrication and cleansing, while properly hydrating the body and maintaining its fluid balance.

What can we say, pour it on.

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