# Say No to Soft Drinks

October 14, 2013 By Rhonda Peters

With each passing year, research continues to highlight the multiple health threats posed to those who consume sugary soft drinks--mainly those soft drinks that contain high fructose corn syrup. However, despite the alarming facts and statistics, millions of Americans simply cannot say “no” to these beverages. If you are one of the millions, I would like to offer you alternatives to sugary soft drinks.

- Fruit infused water--Chilled water containing slices of your favorite fruit and mint leaves. Another version of fruit infused water includes cutting slices of fresh fruit and placing them into ice cube trays filled with water. Freeze the water and then place the fruit infused ice cubes into a glass of water.
- Green tea--What other beverage can offer you the benefits that green tea provides? Green tea is loaded with antioxidants, it’s calorie free (unless you add milk, sugar,etc) and it can be enjoyed chilled or hot. Studies also show that it’s effective in decreasing your risk of heart disease and cancer, just to name a few.
- Jeltzer--The combination of 100% fruit juice and seltzer creates a tantalizing beverage that your taste buds will surely enjoy. Try 100% cranberry juice, grape juice or pomegranate juice. The bubbly effect of seltzer may trick your taste buds into thinking that they’re enjoying a carbonated beverage.
- Vegetable juice--Try juicing your own batch of fresh vegetables and you’ll be sure to reach your recommended intake of daily vegetables. If you would like your “veggie juice” to be a little on the sweet side, add a few slices of your favorite fruit to your juicer.

I encourage you to try one, if not all, of these beverages. Unlike soft drinks, the beverages listed above offer you a savory taste minus the empty calories and preservatives.

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