



HEALTHIER DRINK CHOICES MADE SIMPLE

Reduce excess sugar while supporting hydration, energy, and overall wellness.

By Michelle Rosenblit
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INSTEAD OF THIS...



DRINK THIS!



PLAIN SPARKLING WATER WITH FRESH LEMON, LIME, CUCUMBER, MINT, BERRIES, OR HERBS

LOW-SUGAR KOMBUCHA (SUCH AS HUMM KOMBUCHA)



UNSWEETENED ALMOND OR CASHEW MILK (LIMIT AS A STANDALONE BEVERAGE)



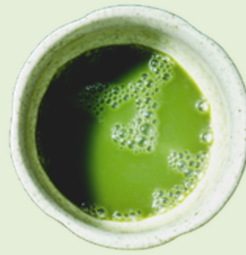
BLACK COFFEE, COFFEE WITH A SMALL SPLASH OF UNSWEETENED COCONUT OR CASHEW MILK



INSTEAD OF THIS...



DRINK THIS!



GREEN TEA



HERBAL TEAS



UNSWEETENED
HERBAL ICED TEA



BLACK TEA

MINT INFUSED
HOT WATER

