

# Healthy Eating: Healthier Beverage Options<sup>1</sup>

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

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



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1. La versión en español de este documento es *Alimentación Saludable: Opciones de bebidas más saludables* (FCS80011span). This document is FCS80011, one of a series of the Family Youth and Community Sciences Department, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date March 2012. Visit the EDIS website at <http://edis.ifas.ufl.edu>.
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