
CHANGE DRINKS

A guide to transitioning away from fruit juice and other sugary beverages

Embrace Whole Fruit!

Instead of a morning glass of orange juice, try a morning orange. You'll still get the bright flavor, but with this switch, you'll also get fewer calories and more fiber.

Fill a glass of sparkling water with fresh berries, herbs, and citrus zest, as pictured below. This also makes a pretty dessert!

Give yourself the spa treatment and add a bunch of cucumber or lemon slices to a pitcher of water. Stick the whole thing in the fridge for a cool and refreshing drink, anytime.

You'd be surprised how refreshing a piece of fruit is when you're thirsty. Next time you're thinking of juice, reach for a piece of fruit instead and follow it up with a cold glass of water.

Reduce the Juice:

"Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides," MyPlate advises. How will you put that advice into practice?

If you want to transition your focus away from fruit juice, there are lots of different approaches to try. Consider the following...

- Slowly start watering down your juice, replacing a quarter of it with water, then half, then three quarters. Finally, flavor your water with just a splash of juice.
- Replace juice with unsweetened flavored waters or seltzers or teas. These are all refreshing alternatives.

