

4

Healthy Drinks for Hydration

According to a new study, adults who stay well-hydrated appear to be healthier, develop fewer chronic conditions, such as heart and lung disease, and live longer than those who may not get sufficient fluids. Here are sugar-free ideas to help you become inspired and take your beverage with you when you are on the go!



Make your own soda or flavored water

Instead of stocking up on expensive cans and liters of sugar-laden soda, why not make your own? Combine soda water with a bit of juice, and you have a refrigerator winner that is low in cost and sugar for hard-core soda drinkers. Tap water is essentially free. You can use a filter pitcher if you feel that is best for your location. But don't stop there. You can infuse water with citrus fruit juice, fresh squeezed juice and even vegetable juice. Aqua Fresca is one way to enjoy more water. But the best idea is to take it with you so you always have a bottle of water on hand to drink.

Tea

Hot or cold, tea is an excellent, low-cost choice for beverages. Make iced tea in your refrigerator using plain water and 3 tea bags. Or enjoy a cup of hot tea any time of day. Keep it on hand at work and at home so you can enjoy on a regular basis. Late at night? Consider a caffeine free choice!



Coffee

With your marketing on Instagram, you can really target relevant audiences with your content. Narrow down your audience to location, age, gender and language spoken for paid campaigns. Base ads on user interests and lookalike audiences of engaged users. Retarget users easily as well.



Milk, fruit, and smoothies

Nonfat or lowfat milk and calcium-fortified plant milks also make an excellent beverage choice. Consider making a smoothie with fruit for a hydrating snack or dessert. You can also add heated milk to coffee.

Fresh fruit contains a significant amount of water. It makes a delicious snack that provides hydration and energy when you are on the go!

