

EAT/SMART MONTH

Sip smart

Fall and winter bring special seasonal beverages, both hot and cold. (Pumpkin spice latte, anyone?) But these tasty liquid treats can come with extra calories, saturated fat and added sugars that you don't need. Here are some easy ways to still enjoy your favorites and practice healthy hydration.

- + **Go H2O.** Remember, the healthiest thing you can drink year-round is water! Make it your go-to choice when you're feeling thirsty. You can give it some extra appeal by adding fresh or frozen fruits, herbs or a splash of 100% fruit juice.
- + **Make it sparkle.** Try seltzer, club soda or sparkling water if you love the fizz. For a festive holiday look, garnish with whole cranberries and mint leaves.
- + **Gotta have it?** If it's just not Christmas without eggnog, try a low-fat version or mix it with an equal amount of low-fat or nonfat milk. You'll still get the flavor without as many calories.
- + **Spice it up.** Make a skinny apple cider with unsweetened apple juice and plenty of spice like cinnamon, cloves, ginger and nutmeg. Garnish with whole cinnamon sticks.



- + **Buzzy, but better.** Opt for less-sweet homemade versions of sugary coffee drinks and hot chocolate. (You'll save money, too!)
- + **Cut back.** Replace sugary drinks (including sodas, energy and sports drinks, sweet tea, lemonade and coffee drinks) with water or unsweetened tea and coffee. To make the switch easier, cut back the amount of sweetener gradually until your taste adjusts.