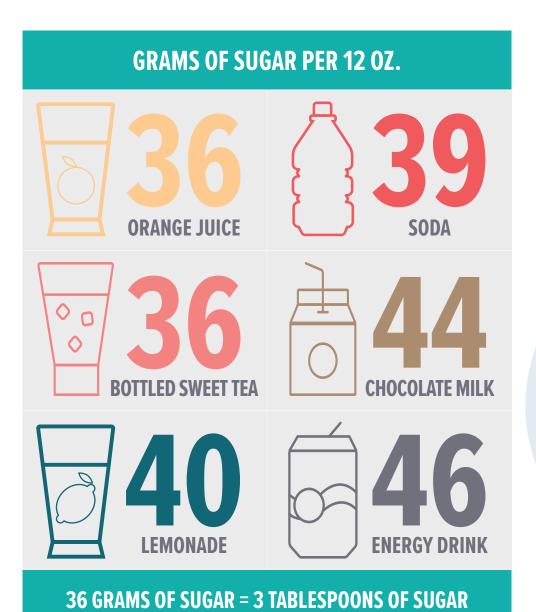


By far, the single most important thing you can do to be healthier is to avoid drinking your calories. Many drinks contain a lot of sugar and staying away from soda, energy drinks, sweet tea, orange juice and smoothies will have a big impact on your health!



STICK TO THESE BEVERAGES INSTEAD:

Unsweetened tea
Black coffee
Sparkling water
Club soda

TIP: If you're trying to kick the soda habit, sparkling water can be a good substitute. It may be the fizzy, carbonated taste you're craving, not the soda itself. *Give it a try!*