



Healthy swaps
for alcoholic
beverages



Avoid:

- Long Island Iced Tea
 - Mulled Wine
 - Margarita
 - Pina Colada
 - White Russian
 - Fruit Daiquiris
- Spirits with sugary mixers
 - Regular beer
 - Regular wine
- Any other drinks with a cream or coconut cream base
- Drinks with sugar syrups (don't feel shy to ask the bartender to exclude these!)



Opt for:

- Vodka, soda and fresh lime
- Tequila on the rocks, or mixed with sparkling water and fresh lime
 - "Lite" beer
 - "Lite" wine
- Whiskey on the rocks
 - Brut Champagne
 - Sparkling Prosecco
- Mojito with no added sugar
- Gin and sugar-free tonic water
 - Water

