



Healthy swaps
for sugary
beverages



1. Good old-fashioned **water**. Keep in mind that plain water is your best bet for staying hydrated throughout the day.

2. Sparkling water. Sparkling water gives you that fizzy feeling but with all the health benefits of regular H₂O. Add a bit of citrus flavour by mixing a few slices of orange, lemon or lime into your sparkling water.

3. On that note, **infusing** your water is a great way of adding that little extra flavour burst to your drinks. Although flavoured water is readily available in the supermarket, many bottled brands still contain plenty of sugar. A healthier choice is making your own: add slices of lemon, orange, watermelon,



cucumber, mint, strawberries or lime to a pitcher of cold water or in a bottle of sparkling water for a refreshing, healthy soda substitute. If you'd like to take it a step further, place chopped fruit in an ice cube tray and place it in the freezer. Add these fruit cubes to a glass of water on a warm day for a delicious infusion.



4. If you're craving a refreshing caffeine fix, look for **sparkling green tea** (check that the sugar quantity on the label is low), or enjoy your green tea or matcha hot or refrigerated.

5. For a kick of subtle sweetness and a helping of healthy, gut-friendly probiotics, grab a **kombucha**. Kombucha is another great way to satisfy your carbonation cravings, but with less sugar compared to soda.



6. Unsweetened coconut water. A natural source of vitamins and minerals, coconut water is low in sugar and contains 94% of water. High in electrolytes, potassium, magnesium and sodium, this refreshing drink is a great alternative for when you're looking for something to replenish your tastebuds. However, it can still be high in calories and saturated fat, so have this one after a heavy training session or race.