

Guilt-Free Beverages For Your Fridge

(NAPS)—According to the recent U.S. Dietary Guidelines, calorie balance over time is important for weight management. Along with increasing physical activity, controlling total calorie intake is a key factor in maintaining a healthy weight.



Swap sugary sodas and high-calorie beverages for all-natural, low-calorie drinks.

At home, at work or on the go, it's easy to drink the first thing you see, which is why it's important to stock your fridge with healthy options.

If you're looking for low-calorie, all-natural alternatives to put on your shopping list, here are two ideas:

Sparkling Mineral Waters: Refreshing and with carbonation, these waters offer a healthy alternative to sugared or artificially sweetened soft drinks. Try Crystal Geyser Sparkling Mineral Waters, which blend natural mineral water with all-natural fruit essences. Unsweetened and calorie-free, the five delicious flavors are great with meals and provide healthy everyday refreshment. Available in the Western U.S.; visit www.crystalgeyser.com for store locations.

Low-Calorie Bottled Teas: Skip high-calorie teas and try a low-calorie option like new California Iced and Green Teas. Lightly sweetened, the seven all-natural varieties, including those blended with real fruit juice, are only 45 calories or less per serving and provide a refreshing break from overly sweet soft drinks. Available in the Western U.S.; see www.californiateas.com for store locations.