

Replace This:

- Sweet tea
- Dessert
- Soft drinks
- Fruit juice
- White rice and potatoes

With This:

- Green or black hot tea with lemon (use a couple of drops of honey, if needed)
- 3/4 oz 70% or higher dark chocolate
- [Sparkling infused water](#)
- Low sodium vegetable juice
- Brown or wild rice, sweet potatoes, winter squashes, quinoa, whole intact grains