

# Healthy Soda Pop Serves: 1

- 6 oz **unsweetened club soda or sparkling water** Pour over ice in a 16 oz glass. Stir and enjoy!  
(plain, or with the essence of raspberry,  
lemon/lime or orange)
- 6 oz **100% fruit juice** (cherry, grape, apple or cranberry)  
**Fresh berries, lemon or lime wedges**, OPTIONAL

**QUICK TIP:** Restaurants are happy to serve this, all you have to do is ask! (Self-serve fountain drinks often have a “soda button” on the side of one of the “pop” dispensers.)

**Nutrition Information for one 12 oz serving:**

Calories: 90 • Fat: 0 g • Sat Fat: 0 g • Chol: 0 mg • Fiber: 0 g • Protein: 0 g • Total Carb: 20 g • Sugars: 20 g • Sodium: 15 mg

# Home ‘R Ade Serves: 4

This “home-made Gatorade®” contains all the same electrolytes yet has no artificial colors and is sweetened only by fruit juice, and at a fraction of the cost!

- 12 oz **100% fruit juice** Combine ingredients in a pitcher or large water bottle or empty 1 liter bottle.  
(cherry, grape, apple or cranberry) Stir or shake well.
- 20 oz **water** \*Add salt only if you are exercising for more than one hour and/or in extreme heat.
- 1/8 tsp **salt\*** Otherwise added sodium is not needed.

**Nutrition Information for one 8 oz serving:**

Calories: 60 • Fat: 0 g • Sat Fat: 0 g • Chol: 0 mg • Fiber: 0 g • Protein: 0 g • Total Carb: 14 g • Sugars: 14 g • Sodium: 72 mg