

Suitland Dine & Learn
March 2018: Eat Well, Live Well!

Fruit Juice Spritzer

Courtesy of Chef Nadine of Nutrition Synergies, LLC

This fun take on a crisp and refreshing beverage will reduce caloric and carbohydrate amounts by 50% compared to any 8 oz serving of fruit juice alone!



Ingredients

- 4 oz any 100% fruit juice of your choice
- 4 oz plain seltzer water
- Ice
- Fresh fruit garnish (optional)

HEALTH TIPS

Here are 7 benefits of reducing added sugar:

1. **Improved heart health** (lower blood pressure and cholesterol)
2. **Clearer skin** (reduced inflammation)
3. **Reduced risk of type 2 diabetes**
4. **Improved mood** (less “sugar crash,” anxiety, irritability, mood swings)
5. **Better sleep** (less mid-day sluggishness and need for naps, more alert during day)
6. **Improved memory** (less “brain fog”)
7. **Weight loss** (scaling back sugar by 200 calories a day could help you drop 10 pounds in 6 months)

