



## Beverage

<b>Bad Choice</b>	<b>Better Choice</b>	<b>Best Choice</b>
Instant coffee	Espresso (less processed than instant coffee)	Organic espresso with organic cream (the cream slows down the digestion of the coffee)
Black tea	Green tea	Caffeine-free herbal tea (peppermint, chamomile, ginger etc)
Instant hot drinks (tea, coffee, hot chocolate)	Espresso with cream	Herbal tea
Beer	Half juice, half water	Water
Alcopop	Vodka with mineral water and a squeeze of lime	Mineral water with a squeeze of fresh lime
Soft drink	Fruit juice	Water