



Low Calorie Liquids

Top up low calorie Ribena with soda water or sparkling mineral water.

Add a slice of lemon or lime to sparkling mineral water or low calorie tonic water.

Herb and fruit teas are ideal, as they need no milk and no sweetening.

A wide range of flavours are available to drink, hot or cold.

Make Indian Lassi, by mixing natural yoghurt and topping up with ice cold water.

Green tea is high in anti-oxidants. It only needs steeping in boiling water for a short time – say

30 seconds.
