



What's In and What's Out?



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OUT - Alcoholic Beverages

Try to reduce your alcohol intake by avoiding alcoholic beverages.
That includes:



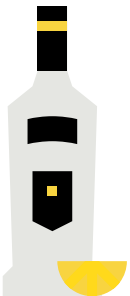
Beer

This includes lagers, ales, stouts, and porters



Wine

This includes red wines, white wines, rosé wines, sparkling wines, and dessert wines.



Liquor and Spirits

This includes tequila, vodka, rum, gin, bourbon, scotch, brandy, rum, and whiskey.



Alcoholic Cocktails:

Don't forget about cocktails!

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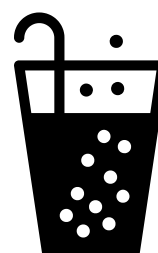
IN - Alcohol-Free Beverages



Water



Juice or Smoothies



Carbonated Drinks



Hot Chocolate

**Enjoy these
alcohol-free
beverages in
moderation to
limit your sugar
intake as well.**



Coffee or Tea



Non-Alcoholic Beers



Apple Cider



Mocktails