

Healthy Foods List

7. Drinks



Water



Green tea



Mint tea



Black coffee



Fat-free milk



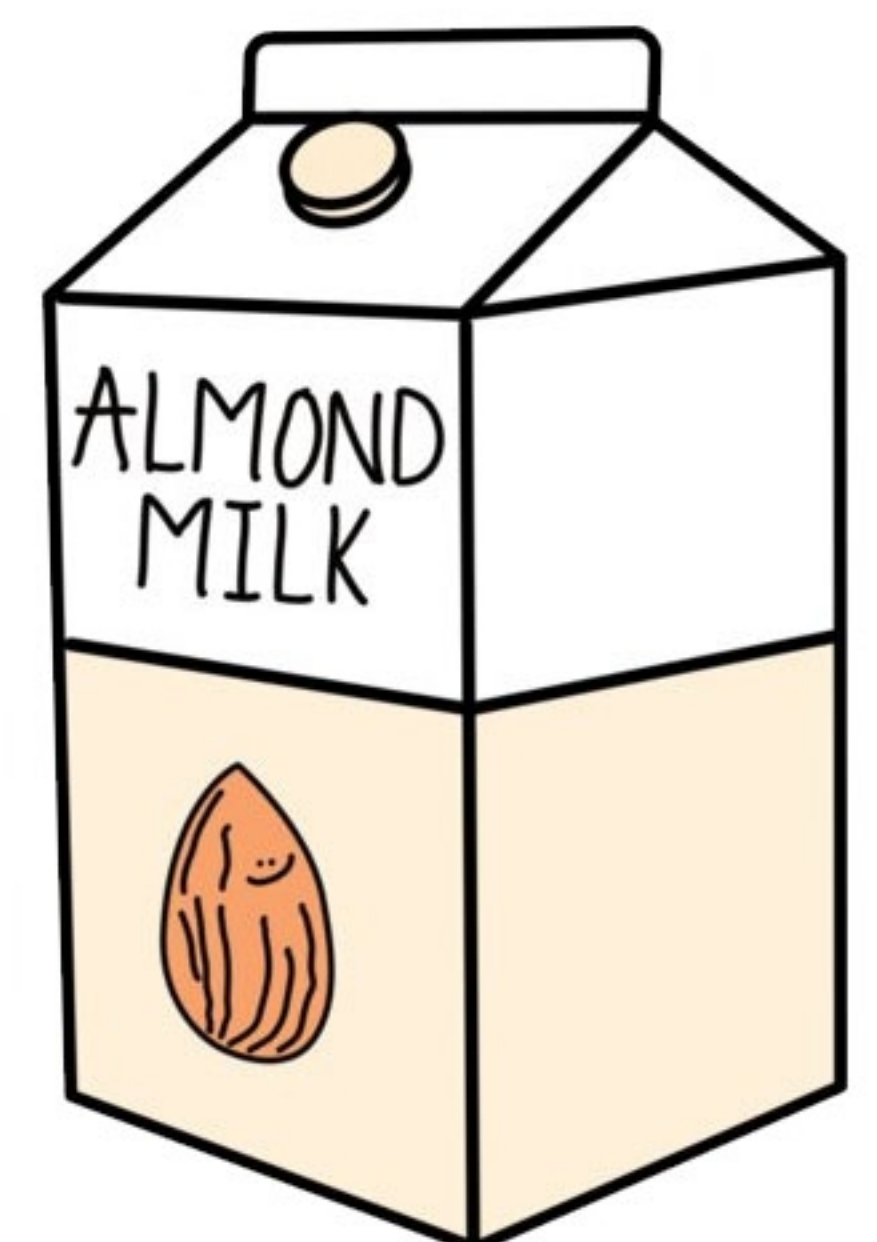
Soy milk



Hot chocolate



Fruit juice



Almond milk