

Cheers to the Season: Festive Holiday Mocktails

Kelsi Buckley, MS, RD, CSOWM



What are your health goals this holiday season?



Join by Web PollEv.com/nataliedaher637

What is a Mocktail?

Non-alcoholic drink designed to feel and taste like a cocktail

Increased focus on health, sleep quality, energy and stress management

Inclusion and accessibility

Convenience and cost

Feeling good the next day



The Scoop on Sugar

Added Sugars:

- What it is: sugars added during processing, cooking or at the table
- What it doesn't come with: little-to no additional nutrients – often called empty calories
- Impact on health: higher risk for weight gain, obesity, type 2 diabetes, heart disease
- Common sources: sugar sweetened beverages (soda, fruit drinks) candy, pastries, sweetened yogurt, flavored coffee, sauces, condiments, honey, maple syrup

Naturally occurring sugars:

- Where you find it: fruits, vegetables, milk and plain dairy products, some grains
- What comes with it: fiber, vitamins, minerals, protein or fat
- Impact on health: generally healthier when eaten as a whole food because the other nutrients and fiber slow absorption and improve satiety
- Examples: Fruit (fructose), milk (lactose), plain yogurt, etc.

Artificial Sweeteners

- Stevia: Natural non-nutritive sweetener
- Monk Fruit: Natural sweetener
- Artificial Sweeteners (Equal, Splenda, Sweet'N low):
 - Some report headaches or digestive symptoms.
 - A few studies suggest possible effects on appetite or cravings in certain people
- Sugar Alcohols (xylitol, erythritol, sorbitol):
 - Can cause gas, bloating or diarrhea in larger doses



Be a Sugar Detective



Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 32g	12%
Total Sugars 32g	
Includes 30g Added Sugars 60%	
Protein 0g	
Potassium 30mg	0%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: FILTERED WATER, ORGANIC SUGAR, ORGANIC LEMON JUICE CONCENTRATE, ORGANIC NATURAL LEMON FLAVOR, CITRIC ACID.



Nutrition Facts	
About 7 servings per container	
Serving Size 8 fl oz (240mL)	
Amount per serving	
Calories	90
% DV*	
Total Fat 0g	0%
Sodium 10mg	0%
Total Carbohydrate 22g	8%
Total Sugars 21g	
Includes 17g Added Sugar 34%	
Protein 0g	
Vitamin C 90mg	100%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.	
*%DV = %Daily Value	

INGREDIENTS: WATER, SUGAR, CONCENTRATED ORANGE JUICE, CONCENTRATED GRAPE JUICE, CONCENTRATED GRAPEFRUIT JUICE, CITRIC ACID (PROVIDES TARTNESS), CONCENTRATED APPLE JUICE, CONCENTRATED PINEAPPLE JUICE, ASCORBIC ACID (VITAMIN C), NATURAL FLAVORS, FRUIT AND VEGETABLE JUICE FOR COLOR, STEVIA LEAF EXTRACT.



Nutrition Facts	
About 4 servings per containers	
Serving Size	8 fl. oz.
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5g	0%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Protein 2g	0%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 300mg	6%

* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic Tart Cherry Juice.



Nutritional Facts:	
Servings:	about 43,
Serv. Size:	1 Tbsp (21g).
Amount Per Serving:	Calories: 60,
Total Fat 0g (0% DV),	Cholest. 0mg (0% DV),
Sodium 0mg (0% DV),	Total Carb. 17g (6% DV),
Total Sugars 17g (34% DV),	Protein 0g (0% DV),
†One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars. Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Hibiscus Mock Mulled "Wine"

Yields eight 6-oz servings

Ingredients:

- 2 tbsp hibiscus loose leaf tea
- 1.5 quarts (48 oz) water
- 1 apple (sliced)
- 2 cinnamon sticks
- 10 whole cloves
- 5 star anise
- Sweetener of choice (sugar, honey, agave or juice of a fresh squeezed orange)
- Optional garnishes: Rosemary, star anise, fresh cranberries, orange slices

Instructions:

1. Place hibiscus tea into a large saucepan or dutch oven with water and bring to a boil.
2. Turn off heat, leaving on the stovetop and immediately add cinnamon sticks, cloves and star anise
3. Add sweetener of choice if desired
4. Cover with lid and let steep for 15 minutes
5. Strain through a mesh colander and pour back into your pan or a slow cooker
6. Ladle into serving cups, each with an apple slice and garnish as desired!



Recipe adapted from: www.theteapot.com

Hydration Tips

Hydration basics:

- Aim for steady hydration throughout the day
- Have water or non-sugary beverage with meals
- Alcohol can dehydrate you. Pace yourself and alternate with water

Helpful Tips:

- Bring a reusable water bottle, and set reminders to sip water
- Choose unsweetened beverages when possible



Ginger Berry Pomegranate Spritz

Ingredients (serves 2):

- ¼ cup Blackberries
- ¼ cup Raspberries
- ½ tsp grated fresh ginger
- 1/3 cup Pomegranate juice
- Sparkling water (berry flavor)

Instructions:

Mash blackberries and raspberries into the bottom of a glass, add grated fresh ginger and a splash of pomegranate juice. Top with sparkling water!



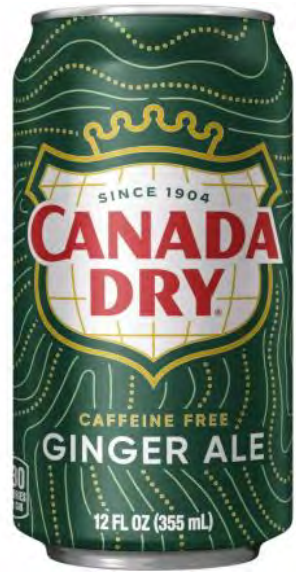
Recipe from: The Pioneer Women

Functional Beverages

Defined as drinks that provide beneficial effects on one or more functions of the human body, beyond basic nutritional values, by incorporating nutrients and bioactive compounds such as antioxidants, vitamins, and dietary fibers.

- Energy boost
- Enhanced exercise performance
- Stress support
- Help falling asleep
- Essential vitamins and minerals
- Digestive health support





Nutrition Facts

About 12 servings per containers

Serving Size 1 can

Amount per serving

Calories 140

% Daily Value*

Total Fat 0g 0%

Sodium 50mg 2%

Total Carbohydrate 36g 13%

Total Sugars 36g

Includes 36g Added Sugars 71%

Protein 0g

* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP AND LESS THAN 2% OF: GINGER EXTRACT, NATURAL FLAVORS, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), CARMEL COLOR.



Nutrition Facts

About 1 servings per containers

Serving Size 1 can

Amount per serving

Calories 50

% Daily Value*

Total Fat 0g 0%

Sodium 30mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 9g 32%

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 0g

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Carbonated Water, Olismart (Cassava Root Fiber, Chicory Root Inulin, Jerusalem Artichoke Inulin, Nopal Cactus (Extract), Marshmallow Root (Extract), Calendula Flower (Extract), Kudzu Root (Extract)), Lime Juice, Quince Juice Concentrate, Apple Juice Concentrate, Cassava Root Syrup, Ginger Juice, Lemon Juice, Natural Ginger Ale Flavor, Stevia (Extract) Himalayan Pink Salt.



Nutrition Facts

About servings per containers

Serving Size 1 can

Amount per serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

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Carbonated Water, Organic Lime Flavor, Organic Ginger Flavor.

Ginger Twister-Ale

Ingredients:

- 1 can Olipop Ginger Ale or similar
- ½ cup lime juice
- 2 tsp Ginger
- 6 slices cucumber

Instructions:

1. Muddle ginger, cucumber and lime juice in a glass
2. Add mint and ice to the glass
3. Top with Olipop Ginger Ale or similar
4. Garnish with lime peel and mint leaves



Recipe from: drinkolipop.com

What will you incorporate at your next holiday get together?



Join by Web PollEv.com/nataliedaher637

Thank you!

Stay tuned for *Nourish to Flourish* resuming
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