

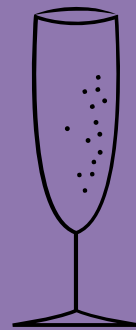
The Many Benefits of Mocktails

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Have you ever heard of a mocktail? A mocktail is a nonalcoholic drink that is made by mixing soft drinks and fruit juices to replicate popular alcoholic cocktails or to create unique, tasty drinks. These colorful, yummy beverages are great alternatives to consuming alcohol. By using fresh fruits and herbs, mocktails can be both a fizzy drink and a nutritional boost that promotes immune health.

Choosing a mocktail over an alcoholic beverage is a good way to uphold your health in both the short and long term. The Centers for Disease Control (CDC) suggests a moderate intake of alcohol to be no more than one standard drink a day for women and no more than two standard drinks a day for men. Excessive alcohol intake can result in short-term health risks like injuries, accidents, and alcohol poisoning, and long-term health concerns like hypertension, cancer, weakened immune systems, and memory issues. Vital organs like the heart, liver, lungs, and pancreas are negatively affected by prolonged excessive alcohol consumption. Chronic drinkers are more susceptible to diseases like pneumonia and tuberculosis compared to moderate or non-drinking individuals. These immune weakening effects can occur after a single occasion of excessive drinking. Opting for a mocktail or two rather than an alcoholic beverage can protect the longevity of your immune system and organs without giving up a satisfying sip!

Besides avoiding the consequences of excessive alcohol consumption, mocktails aid in upholding our health by containing flavorful and immune-boosting ingredients. Using fresh fruit and herbs to create the perfect alcohol-free beverage is both a refreshing treat and a nutrient punch due to the compounds found inside of these foods.



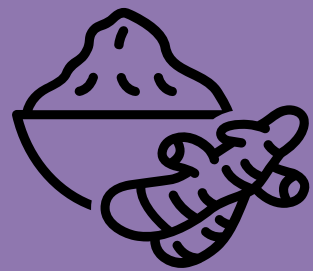
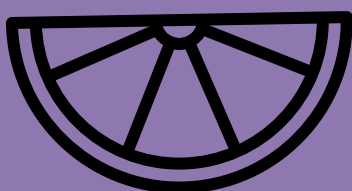
A mocktail can range from sparkling water with a hint of fruit juice to a colorful and sweet blueberry, lime, and mint concoction like a Blueberry Mojito Mocktail. Fresh fruits and herbs are popular additions in these drinks since they add vibrant color and pungent flavors. The following foods are common ingredients in delicious mocktail recipes:

Ginger

Ginger is a root plant that brings a sweet yet spicy flavor into foods, marinades, and drinks. Outside of being a satisfying touch to many of your favorite dishes and beverages, ginger is a powerhouse herb when it comes to upholding immune health. Ginger is anti-ulcer by stimulating movement in our intestines to ensure our body is running efficiently and healthily. This herb is a powerful antioxidant that helps to protect our cells from harm. It is also anti-inflammatory and is shown to reduce pain associated with rheumatoid arthritis and osteoarthritis. As flu and cold season persists into the new year, this herb is perfect for eliminating pesky sicknesses with its antimicrobial effects that are strongest in uncooked ginger.

Citrus (Orange, Lemon, Lime)

When we think of citrus, we think of vitamin C. By including citrus like oranges, lemons, and limes in mocktails, we can boost our intake of this vitamin. Opting to use juice straight from the fruit rather than store bought juice can further amplify the amount of vitamin C present. This vitamin assists in moderating our immune response and supports its strength and integrity as we encounter pathogens that could make us sick. Even if a pathogen infects our cells, vitamin C consumption during a cold is shown to shorten the duration and lessen the severity of symptoms. In orange juice specifically, there are plenty of micronutrients and bioactive compounds that support our immune response by controlling inflammation and attacking free radicals that oppose the integrity of our cells. Folate is another important micronutrient present in citrus juices that assists in upholding the effectiveness of our immune system, making a citrus mocktail the perfect anti-cold beverage.



Mint

Mint is the perfect addition to make any drink taste fresh and transform into an antimicrobial and antiviral treat. Research shows that mint has a plethora of immune-boosting properties. This herb is protective of both liver and gastrointestinal health by preserving the mucosal barriers that trap and eradicate infectious microbes. On top of that, mint is anti-inflammatory and assists in moderating inflammation and protecting our cells from oxidative stress. To ward off the cold and let in the cool and calm vibes, a minty mocktail is just what you need.

Coffee

Coffee, the savior of college students, is associated with many positive health outcomes. Research found associations between caffeinated and decaffeinated coffee consumption and lower risks of cardiovascular disease, heart disease, and stroke. Increased coffee consumption is also linked to a lower risk of developing type 2 diabetes and this effect was strengthened by opting for caffeinated coffee rather than decaffeinated. Coffee may now seem like the key to optimal health, but be weary before doubling or tripling your current caffeine consumption. Caffeinated beverages can increase feelings of anxiety and impact the ability to fall and stay asleep. Being aware of how caffeine makes you feel is important to protect your health. Coffee is not a fruit or herb, but can be a quirky yet tasty addition to mocktails. Adding coffee or espresso to a sweet cream and vanilla base creates an alcohol-free espresso martini replica.

As we adjust to new classes, prepare for upcoming exams, and attempt to ward off the common cold, a mocktail can be the perfect relaxing treat. Opting for a non-alcoholic beverage is a good practice to create healthy drinking habits that keep your organs and immune system intact for years to come. A mocktail can be uniquely yours by adding your favorite soft drinks, fruits, herbs, and other additions. [Check out this Immune-Boosting Mocktail Recipe Book for more delicious Mocktail ideas.](#) Happy mixing and happy sipping!



Additional Resources:

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