

Dry January

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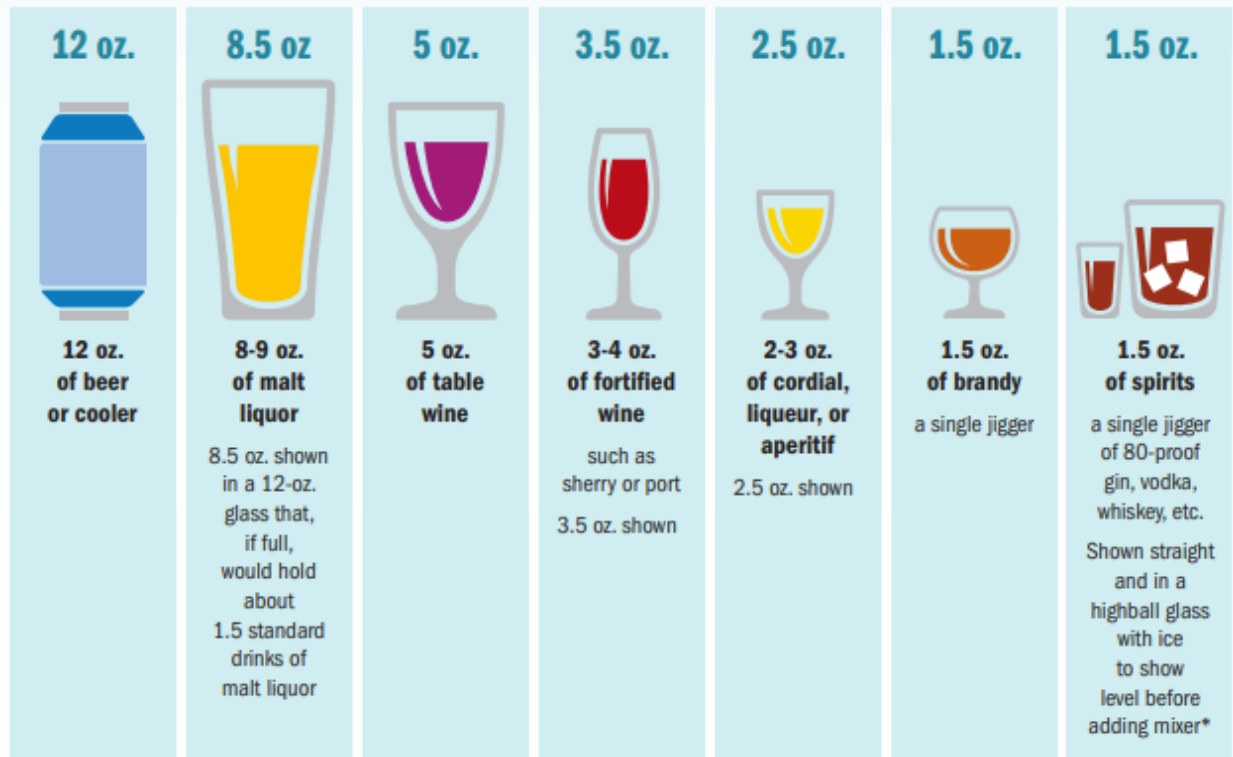


The holidays are coming fast and before you know it, January will be here too. Many festive holidays are filled with good times spent with loved ones, quality homemade meals and especially delicious drinks. The New Year is usually a time of change and resolutions.

For the most part, it's hard to stick with a new habit unless you have a quality replacement that still brings you joy. Many cocktails entice people because of their complex flavor profiles. Combining sweet with acidity or freshness and carbonation.

Excessive alcohol consumption, however, may lead to unwanted side effects. More specifically, it may cause diarrhea, forgetfulness, reduced appetite, and micronutrient deficiencies, and affect the absorption of food and medications!

While there are safe drinking standards (drinks per day or week), they become quite difficult to follow when mixing multiple components and varied alcohol proofs. For example, below are the CDC's recommendations for daily alcohol limits, but many people at home or parties don't use the standard measurements when alcohol is served outside of canned or bottled products.



Challenge yourself this January by reducing your intake of alcohol. Experiment with new ingredients and flavors and replace cocktails with mocktails!

Whatever your preference is, there is surely a way to make a virgin cocktail (or mocktail). We're introducing you to 15 quality mocktail recipes based on memorable and popular recipes that have lasted throughout the ages no matter your generation ranging from a mojito to daiquiri or an old fashioned. These mocktail recipes are simple, effective, but more importantly enjoyable. Even better, you can share them with your family and friends who may be underage or unable to drink alcohol.

Mocktail Recipes

Apple Mocktail

- Sparkling apple cider
- Orange
- Lime
- Grapefruit
- Rosemary

Bloody Mary – Virgin Mary

- Vegetable/Tomato Juice
- Horseradish
- Worcestershire Sauce
- Hot Pepper Sauce



- Lemon
- Celery Stalk

*[Alternative](#)

[Cosmo](#)

- Cranberry cocktail
- Sparkling water
- Orange Extract
- Lime Juice

[Gingerosa Mocktail](#)

- Ginger beer
- Orange juice
- Sugar
- Fresh cranberries

[Irish Coffee](#)

- Black coffee
- Brown sugar
- Rum extract
- Heavy whipping cream
- Cocoa powder

[Long Island Iced Tea](#)

- Tea
- Apple Cider Vinegar
- Ginger Beer
- Lemon
- Mint

[Manhattan](#)

- Cranberry Juice
- Orange Juice
- Orange Bitters
- Grenadine

*[Alternative](#)

[Margarita](#)

- Limeade
- Orange Juice
- Simple Syrup
- Club Soda
- Sugar and Coarse Salt
- Ice



Mimosa

- Sparkling citrus soda
- Orange Juice
- Orange Slice

Mojito

- Lime Juice
- Mint
- Soda Water

*Alternative

Old Fashioned

- Barley Tea
- Sugar
- Orange Slice
- Orange Bitters
- Maraschino Cherry

Pina Colada

- Pineapple Chunks
- Pineapple Juice
- Unsweetened Coconut Milk
- Brown Sugar
- Ice

Strawberry Daiquiri

- Lime Juice
- Strawberries (in syrup)
- Sugar
- Ice

Tom Collins

- Cucumber
- Lemon Juice
- Soda Water
- Ice Cubes

*Alternative

Whisky Sour

- Non-alcoholic whiskey
- Lemon Juice
- Simple syrup, Maple Syrup, or Honey
- Orange Slice
- Cherry



References:

<https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbiimplementationguide.pdf>