

# RETHINK YOUR DRINK

## Session 3: Flavored waters: How to give flavor to water without adding excess calories

The taste of our water depends on the source of the water as well as the methods used to treat it!

Some flavored bottled waters have added sugars, which add unnecessary calories. Others have added minerals and vitamins, which really aren't necessary for most of us. You can make flavored waters at home for a fraction of the cost of what you would pay at the store!

You can make infused water with a plain water bottle simply by mashing or slicing the produce that you use. Slicing or crushing the produce will allow the flavors to mix with the plain water.



For every 4 cups of water, add ½ to 1 cup of fresh fruit or vegetables. Garnish with fresh herbs if desired.



### COMBO EXAMPLES:

- Sliced oranges, limes, and lemons
- Sliced limes with fresh basil
- Sliced cucumbers with melons (cantaloupe, honeydew)
- Mashed berries (any kind) with mint
- Strawberries and cucumbers



### FOOD SAFETY TIPS:

- Make sure your container, hands, and produce are clean.
- You can leave the container on the counter for up to 2 hours (or 1 hour in warm climates).
- If you are not going to drink the flavored water right away, put the container in the refrigerator. If you plan to keep your flavored water for more than a day, strain out the produce before storing in the refrigerator