



What's better than plain water? How about flavor-infused water? Making your own infused water is a refreshing and easy way to stay hydrated. Here are 10 simple ideas to make water more flavorful:

1. Put 2 thinly sliced medium cucumbers in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.
2. Put 2 thinly sliced medium cucumbers, half a lime, and 6 or more sprigs of cilantro in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.
3. Put 3 mandarin oranges (separated into wedges) and 2 handfuls of blueberries in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
4. Fill a pitcher halfway with water. Gently place 2 segments of grapefruit (with the peel removed) and 2 sprigs of rosemary in the water. Cover with ice and water to fill the pitcher. Refrigerate overnight.
5. Put half a lemon and half a lime (both thinly sliced) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
6. Put 1 orange and 1 lemon (both thinly sliced) and 1 handful of mint leaves (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
7. Put 4 quarter-size pieces of peeled fresh ginger root and 1 cup of fresh or frozen unsweetened mango in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for one to three hours.
8. Put half a lemon (thinly sliced), 6 to 8 strawberries (hulled and quartered), and 1 handful of basil (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.
9. Put 4 handfuls of thinly sliced grapes, 20 to 24 basil leaves (torn into small pieces), and a squeeze of lime juice in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.
10. Put 4 cups of small pieces of watermelon and 4 to 6 sprigs of mint in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to eight hours.

These are just a few easy ideas for infusing water to make it tastier. Get creative and think outside the bottle! Come up with your own interesting combinations to make hydration more flavorful.



Healthy For Good™



Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly
20 TEASPOONS
of added sugars **EACH DAY.**

That's more than **TRIPLE** the
recommended daily limit for women
and **DOUBLE** for men!

Sugar-sweetened beverages
like soda and energy/sports
drinks are the

**#1 SOURCE OF
ADDED SUGARS
IN OUR DIET.**

A can (12 FL OZ) of
regular soda has about

**150 CALORIES AND
10 TEASPOONS**
of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at HEART.ORG/RECIPES.



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART **ADD COLOR** **MOVE MORE** **BE WELL**

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/EATSMART

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
