Flavored Water Recipes

RETHINK YOUR DRINK

Ingredients:
1 large lemon, sliced
1 large lime, sliced
1 large orange, sliced
1 large cucumber, sliced
1 half gallon of water

Preparation:
1. Place all fruits and vegetables in a pitcher and add water.
2. Allow flavors to blend at least two hours before serving in glasses over ice.

Ingredients:
3 large oranges, sliced
10 mint leaves
1 half gallon of water

Preparation:
1. Place mint and orange slices in a pitcher and add water.
2. Allow flavors to blend at least two hours in the refrigerator.
3. Pour in glasses over ice and serve garnished with an orange slice and a sprig of mint.

Recipes adapted from Flavored Water Recipes by the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) and Kaiser Permanente. Made possible with funding from the Centers for Disease Control and Prevention.
Ingredients:
- 2 cups frozen apple chunks, grapes, or berries
- 1 half gallon of water

Preparation:
1. Add frozen fruit to a pitcher.
2. Pour water over fruit and let sit at least an hour in the refrigerator.
3. Stir to distribute fruit flavor and serve in glasses over ice. (Note: you can chop up the same kind of fruit, unfrozen, and follow same directions. You’ll need to use more ice when serving the unfrozen fruit-flavored water.)

Recipes adapted from Flavored Water Recipes by the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) and Kaiser Permanente. Made possible with funding from the Centers for Disease Control and Prevention.

Ingredients:
- 3 large lemons, thickly sliced
- ¼ fresh lavender leaves
- 1 half gallon of water

Preparation:
1. In a large pitcher, pour water over the lemons and lavender.
2. Refrigerate at least two hours and serve in glasses over ice, garnished with a sprig of lavender.

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Ingredients:
- 4 sliced strawberries
- 8 cucumber slices
- 1 half gallon of water

Preparation:
1. In a large pitcher, add 4 sliced strawberries and 8 cucumber slices.
2. Fill with water and refrigerate two to four hours.
3. Serve in glasses over ice.

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Ingredients:
- 1 cup fresh blueberries, lightly crushed
- 2 4-inch sprigs of fresh rosemary, lightly crushed (to release more flavor)
- 1 half gallon of water

Preparation:
1. Add blueberries and rosemary sprigs to a large pitcher.
2. Fill with water and refrigerate two to four hours.
3. Serve in glasses over ice.

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The American Heart Association recommends no more than:
- 9 teaspoons of added sugar per day for men
- 6 teaspoons of added sugar per day for women
- 3 teaspoons of added sugar per day for children

The average American consumes:
- 22 teaspoons of sugar per day—that’s 352 calories!
- 45 gallons of sugary beverages containing 39 lbs of sugar annually
- $850 spent per year by the average family

Regular soda and fruit drinks are the leading sources of sugary drinks... …it’s time to Rethink your drink and Be SUGAR SAVVY.