What to Drink

Water:

- Water is the best choice: It's calorie-free and provides everything the body needs - restores fluids lost through metabolism, breathing, sweating, and removes waste. It's the perfect beverage for quenching thirst and re-hydrating.
- Infused water: try adding citrus fruit (lemons, limes, orange, grapefruit, berries, watermelon, mint, or cucumber slices to a cold glass of water.
- Sparkling water may have as many calories as a sugary soda pop. Instead, make your own sparkling juice at home with 12 oz sparkling water and just a splash of juice.

What NOT to Drink

Drinks loaded with sugar:

- Drinks loaded with sugar are the worst choice; they contain a lot of calories and virtually no other nutrients.
- The average can of soda or fruit punch provides about 150 calories. If you were to drink just one can every day, and not cut back on calories elsewhere, you could gain up to 15 lbs in a year! Cutting back on sugary drinks may help control your weight and may lower your risk of type 2 diabetes.
- Sport beverages are designed to give athletes carbs, electrolytes, and fluid during high-intensity workouts that last an hour or more. For other folds, they're just another source of sugar and calories.
- Energy drinks have as much sugar as soft drinks, enough caffeine to raise your blood pressure, and additives whose long-term health effects are unknown. Best to skip.
How to Infuse

1. Pick what to infuse:
   - Cucumber, Lemon, Cilantro
   - Grape, Orange
   - Grapefruit, Rosemary
   - Grape, Strawberry, Lime
   - Watermelon, Mint
   - Grape, Pineapple
   - Mango, Mint
   - Strawberry, Lemon
   - Orange, Pineapple
   - Raspberry, Lime
   - Cucumber
   - Lemon, Orange, Blueberry
   - Blackberry, Lime, Orange
   - Lemon, Pomegranate
   - Lemon, Raspberry
   - Raspberry, Mint
   - Apple, Cinnamon stick

2. Let infusion sit for stronger flavor (30 minutes)

3. Drink over ice and enjoy!

For more recipes and ideas, visit: http://www.infusedwaters.com

Best Drinks:
- Water
- Infused water
- Sparkling water
- Tea or Coffee without added sweeteners

Drinks to Limit:
- Diet drinks
- 100% Fruit juice

Drinks to Avoid:
- Soda
- Sports beverages
- Sweetened ice-tea
- Energy drinks
- Fruit flavored drinks

FLUID NEEDS:
MEN 13 CUPS PER DAY,
WOMEN 9 CUPS PER DAY