Fill the rest of your day with refreshing water! Try for at least 6 cups daily.

1 Cup 100% Fruit Juice

2-3 Cups Low-Fat, 1%, or Skim Milk

3.5 Cups Unsweetened Tea or Coffee

Fill the rest of your day with refreshing water! Try for at least 6 cups daily.

MAKE IT FUN

Encourage adults to drink more water with a fun twist! Provide healthy ingredients and help prepare a delicious fun-infused water recipe. Use fruits, vegetables, and herbs to naturally flavor your water.

TASTY COMBINATIONS

- Strawberry, Pineapple, Mint
- Lemon, Blueberry, Cucumbers
- Orange, Raspberry, Tarragon

DRINK TIPS

Super Smoothie! Blend fat-free or low fat milk with fruit and crushed ice (or frozen fruit) for an inexpensive healthy smoothie.

Frosty Fruits! Frozen fruit make for delicious summer treats.

Sugar sweetened beverages like soda or a flavored drink mix, drinks with artificial sugar are not for daily consumption, and should be limited to no more than 4 oz when consumed.

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RECIPE INSTRUCTIONS

Add 1 cup of fruit or veggie mix to 1 liter of water and infuse overnight. Store in the fridge for up to 3 days. Try these recipes in a reusable water bottle to enjoy on the go! Discard after 1 day.