

Creative ways to Consume your Water

- 1 Add a splash of pineapple or pomegranate juice to sparkling water. 
- 2 Spice up unsweetened brewed iced green tea with thin slices of orange. 
- 3 Muddle fresh mint and a tsp of agave nectar. Fill with seltzer, and add a squeeze of lemon. 
- 4 Jazz up plain water with thin slices of cucumber and lemon. 
- 5 Float a couple of raspberries or strawberries on raspberry flavored seltzer water. 
- 6 Cool unsweetened brewed iced tea with fresh mint. 
- 7 Brew green tea and serve with a couple of snipped fresh basil leaves. 
- 8 Add sliced fresh strawberries to sugar-free lemonade. Garnish with a strawberry and some thyme sprigs. 

10 FOODS THAT HYDRATE YOU

 96% water	 95% water	 95% water	 95% water
 94% water	 92% water	 90% water	 89% water
 95% water	 89% water		