

Creative Ways To Eat 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.



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| 
96% water | 
95% water | 
95% water | 
95% water |
| 
94% water | 
92% water | 
90% water | 
89% water |
| 
95% water | 10 | | 
89% water |

FOODS
THAT HYDRATE YOU