

## Health Tip of the Month

### Add Some Healthy Flavor to Your Water

Make your water more exciting by adding just a hint of flavor.



Fruits, vegetables, herbs and spices add or “infuse” flavor and nutrients into your water, turning it into a healthy hydrating taste sensation.

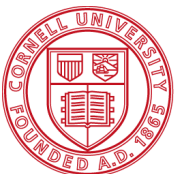
### Make your own water infusions!

- Cucumber slices
- Lemon or lime wedges
- Sliced ginger
- Pineapple
- Mint leaves
- Fresh sage
- Raspberries
- Sliced orange.
- Vanilla
- Watermelon
- Your favorite fruit, vegetable, herb or spice



Use one item or any combination that you like. Simply mix your ingredients with water in a bottle or pitcher and place it in the refrigerator for at least one hour so that the flavors can infuse.

**Enjoy your cold homemade  
refreshing beverage!**



**Cornell University**  
Cooperative Extension  
New York City

**Worksite Wellness Initiative:** by Elana Zarenczanski, Dietetic Intern  
Teachers College Columbia University 47: 9/14  
More Health Tips? visit <http://nyc.cce.cornell.edu>