

Health Tip of the Month

Fruit Infused Water!...

Need to drink more water? Add fruits, veggies and herbs to water for a burst of flavor! Fruit, Veggies and Herbs Infused water tastes great and has less calories and sugar than fruit juice and soda.

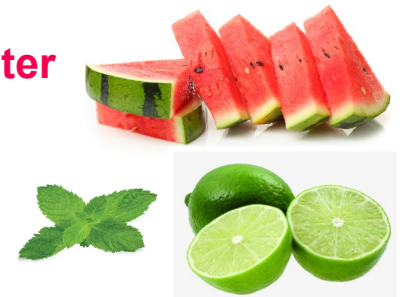
1 cup of watermelon, lime and mint infused water contains 1g of sugar versus a 12oz can of soda that contains 39g of sugar!

Infused water may help regulate blood sugar. It is refreshing!
Most of all it quenches that thirst!
Fun for kids to try!



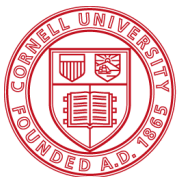
Refreshing watermelon, lime and mint infused water

Ingredients:
1 cup of watermelon
1 lime/lemon
5 mint leaves (optional)



How to prep: Wash and clean all fruits and herbs that are being used. Cut watermelon into squares; thinly slice lime. Fill a pitcher with cold water, add all ingredients and chill overnight in refrigerator. Serve and enjoy!

Note: fruits will stay fresh up to 48hrs in water.



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More Health Tips? visit <http://nyc.cce.cornell.edu>