

*Are you still drinking soda, diet soda, vitamin water,
or other drinks with artificial colors, flavors and sweeteners????*

Increase Your Daily Supply of Water Intake...

Drink Infused Water

*Put as much fruit in the water as you want and
let the water sit for at least 30 minutes before drinking.*

Can be refrigerated for 2-4 days.

*Here are their benefits to help with detoxification,
energy, and hydration:*

- ❖ **Green tea, mint, lime** – fat burning, aids in digestion, helps with relieving headaches, congestion, and acts as a natural breath freshener.
- ❖ **Strawberry, kiwi** – aids in cardiovascular health, protects immune system, regulates blood sugar levels, and aids in digestion.
- ❖ **Cucumber, lime, lemon** – water weight management, bloating, appetite control, hydration, and aids in digestion.
- ❖ **Lemon, lime, orange** – aids in digestion, immune defense, great source of Vitamin C, and aids in relief of heartburn. (Be sure to drink this one at room temperature).

*Experiment with other fruits and vegetables - flavors are only limited by your imagination.
If using fresh herbs, slightly "bruise" them to release flavors. Peel the citrus fruits from their skin to avoid a bitter taste.*



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