COMMON MYTHS DEBUNKED!

Myth: Fruit drinks are healthy
FACT: Many fruit drinks have very little or no actual fruit in them.

Myth: People need sport drinks after exercising
FACT: Water is the best choice, even for people who are very active.

Rethink Your Drink

20 oz. soda
16 tsp. sugar

Source: Sugary Drink Facts
Graphics: Vecteezy
**HEALTHY RECIPE: INFUSED WATER**

**FLAVOR ENHANCERS:**
- **Fruit & Vegetables**
  - Pineapple, Strawberry, Mango,
  - Orange, Grapefruit, Watermelon,
  - Cucumber, Blueberry, Kiwi, Raspberry
- **Herbs & Spices**
  - Mint, Basil, Cinnamon,
  - Ginger Root, Rosemary,
  - Cilantro

**PREPARATION:**
1. Fill a large jar or pitcher with cold or room temperature water.
2. Add your flavor enhancers, which can include any combination of the above fruits, veggies, fresh herbs or spices. It is important to cut or slightly crush the ingredients to allow the flavors to mingle in the water.
3. Mix ingredients and allow them to sit in the fridge for at least two hours. Strain into glass or water bottle.

*Keep it simple and consider flavor combinations you enjoy.*

*Here are some ideas to get you started:*
- cucumber + mint + strawberry
- watermelon + basil
- lemon + raspberry + rosemary

**RETHINK WHAT YOU DRINK!**

Calories from beverages you consume throughout the day can really add up!

<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Cafe Latte made with whole milk</td>
<td>190</td>
</tr>
<tr>
<td>Cafe Latte made with non-fat milk</td>
<td>65</td>
</tr>
<tr>
<td>Lemonade</td>
<td>200</td>
</tr>
<tr>
<td>Soda</td>
<td>150</td>
</tr>
<tr>
<td>Mineral water</td>
<td>0</td>
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</tbody>
</table>

**Try...**

- Cafe Latte made with non-fat milk
- Water with lemon
- Mineral water