

Summer drinks Recipes

Week 1: Bloody Mary with Shrimp

Fluid Fact #1: Sodas and Sodium

- Sodas, BOTH regular and diet can contain a lot of sodium. Coke, Diet Coke, Pepsi, and Diet Pepsi all contain about 35 mg of sodium per 8 oz (1 can = 12 oz).
- Diet Root Beer contains (100 mg) more sodium than regular Root Beer (65 mg) per 8 oz serving.

*An 8 oz serving of V8 vegetable juice contains only 51 calories, an ideal way to reach Canada's Food Guide recommendation of **7-8** servings of fruits and vegetable for females, and **8-10** for males. However, 8 oz of V8 contains **480 mg** of sodium (20% Daily Value) – be sure to get the Low Sodium V8. Note the **potassium!** Great source that counterbalances the sodium....*

Bloody Mary with Shrimp



22 oz (2 cans) reduced-sodium V8
1 tsp horseradish
1 tsp Worcestershire sauce
1 tbsp lemon juice
10 dashes Tabasco
Freshly ground pepper, to taste
3 oz vodka, optional
Ice cubes
4 cooked shrimp

Directions

1. Shake V8, horseradish, Worcestershire sauce, lemon juice, Tabasco, pepper and vodka, if using, in a large glass jar with a tight-fitting lid.
2. Fill two tall glasses with ice and divide the Bloody Mary between the glasses. Garnish each drink with 2 shrimp.

Nutritional Information (per serving)

Calories	78	Potassium	681 mg
Protein	2 g	Cholesterol	0 mg
Carbohydrate	17 g	Sodium	284 mg
Total Fat	0 g	Fiber	3 g
Saturated Fat	0 g	Makes 2 servings	

Resources: <http://www.eatingwell.com/>, <http://www.livestrong.com/>, <http://thetriton.com/>