

## Summertime Thirst Quenchers: Vitamin Water

Commercial “vitamin-enhanced” waters are all the rage right now; however, these drinks are loaded with sugars and/or artificial sweeteners and can be quite costly. Did you know there is a better alternative? Homemade, natural, “vitamin water” is lightly flavoured with real fruit and herbs and is a great summertime thirst quencher and a great way to get in your daily requirement of water! Try out these recipes and stay hydrated all year round!

### Raspberry Lime Vitamin Water

#### Ingredients:

- 2 limes
- 2 cups raspberries
- Ice cubes
- Water

#### Directions:

1. Quarter two limes and squeeze the lime juice into a 2qt jug/pitcher or container.
2. Toss in the squeezed limes.
3. Add 2 cups raspberries.
4. Muddle the fruit in the bottom of the container to release some of the fruit juice.
5. Add ice & water to fill container.
6. Allow to steep & chill in fridge. Keeps for up to 3 days.



### The Importance of Hydration

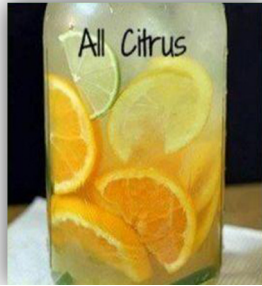
Your body depends on water for survival. As water makes up more than half of your body weight, every cell, tissue and organ in your body needs water to function correctly. You lose water each day when you go to the bathroom, sweat and even breathe! If you don't replace the water you lose, you can become dehydrated. Most people require 6-8 8oz glasses of water per day; however, some people may require less and some may require more. The best indication of whether you are properly hydrated is consistently colorless or light yellow urine. These recipes are a great way to add more water to your daily routine!



## All Citrus Vitamin Water

### Ingredients:

- 1 orange
- 1 lime
- 1 lemon
- Ice
- Water



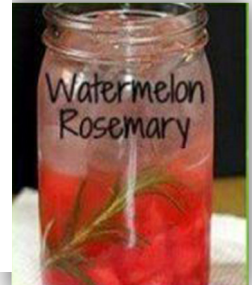
### Directions:

1. Slice citrus fruit into rounds and then cut each round in half.
2. Place fruit into 2qt jug/pitcher or container and muddle fruit to release some juices.
3. Pour ice and water into container.
4. Allow to steep & chill in fridge. Keeps for up to 3 days.

## Watermelon Rosemary Vitamin Water

### Ingredients:

- Sprig of rosemary
- 2 cups of watermelon cubes
- Ice
- Water



### Directions:

1. Add rosemary sprig to 2qt jug/pitcher or container and muddle.
2. Add 2 cups of watermelon cubes & muddle to release some juices.
3. Pour ice & water into container.
4. Allow to steep & chill in fridge. Keeps for up to 3 days.

## The Benefits of Homemade Vitamin Water

- ✓ To encourage you and your family to stay hydrated.
- ✓ To benefit from the vitamins & minerals that are water soluble and therefore, can be found in your water (ie: vitamin C, potassium, etc.).
- ✓ To give taste to your water without using chemicals contained in commercially prepared vitamin waters.
- ✓ To benefit from direct consumption of fruit and therefore, have a better intake of daily dietary fibre.
- ✓ To benefit from antioxidants found in the fruits & herbs used in these recipes.
- ✓ To reduce consumption of sugary drinks such as soda and fruit juice.
- ✓ To decrease your sugar intake and total calories in your day and have a better control of your health & your weight.

### Vitamins & Minerals contained in the above recipes:

Raspberry Lime = vitamin C, vitamin K, folate, manganese, calcium

All Citrus = vitamin C, calcium, folate, calcium

Watermelon Rosemary = vitamin A, vitamin C, potassium, iron

Sources: [www.theyummylife.com](http://www.theyummylife.com), [www.familydoctor.org](http://www.familydoctor.org)

