

# It Is All About That Vitamin Water

Approximately 60 percent of our body weight is due to water so staying hydrated is very important. Every cell, tissue, and organ in each system of our body relies on water to function properly – from flushing out toxins to helping circulate nutrients throughout our body. Even when we are not doing strenuous activity we are still constantly losing water throughout the day. It may be difficult for some to drink plain water, but adding fruits and vegetables can make this task a lot easier. These additions will also provide you with important vitamins which are necessary for normal growth and function.

## How Much Water Do I Need?

The Institute of Medicine suggest women need 9 cups, and men need 13 cups of total beverages daily. Infusing your water with fruits and vegetables will make this task achievable.



## Benefits of Infused Water

- ✓ You know what the ingredients are because you are adding them yourself
- ✓ Receiving natural occurring vitamins, minerals, and antioxidants vs. added sugar in soft drinks, sports drinks, and fruit juices
- ✓ Inexpensive and economically friendly
- ✓ Customizable, able to choose any flavour you desire
- ✓ Lemons cleanse the liver, aid digestion, keep your skin clear, and is loaded with Vitamin C

## Infused Water Combinations

- Cucumber
- Cucumber + Orange
- Lemon + Cucumber
- Lemon + Mint
- Lemon + Lime + Cucumber
- Lemon + Pomegranate
- Cucumber + Grapefruit
- Lemon + Apple + Ginger
- Tangerine + Strawberries
- Blueberries + Mint
- Blackberries + Raspberries + Strawberries
- Watermelon + Cilantro
- You can experiment with adding some vegetables and other herbs if you desire – there are endless combinations!

## Tips for Staying Hydrated

- Always carry a reusable and durable water bottle with you
- Drink before, during, and after a workout
- Hunger is often confused with thirst – when you feel hungry, drink a glass of water first
- If your urine is darker than usual, it means you are dehydrated



Mayo Clinic. (2014). Water: How much should you drink every day? Retrieved from [www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256](http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256)

Pogue, A. (2014). The benefits of drinking infused water. Retrieved from [www.infusedwaters.com/the-benefits-of-drinking-infused-water](http://www.infusedwaters.com/the-benefits-of-drinking-infused-water)

# Make Your Own Infused Water

## Cucumber Water

### Ingredients:

- 1 medium cucumber, sliced ( $\frac{1}{2}$  inch slices)
- 8 cups of water

### Directions:

1. Combine the sliced cucumber and water; let the flavour infuse for at least an hour in the fridge



## Cucumber Orange Water

### Ingredients:

- 1 cucumber, peeled and sliced
- 1 orange, sliced
- 6 cups of water

### Directions:

1. Combine all the ingredients in a large pitcher and allow the flavours to infuse for at least an hour in the fridge

## Cucumber Lemon Water

### Ingredients:

- 1 lemon, sliced
- 1 cucumber, peeled and sliced
- 6 cups of water

### Directions:

1. Combine all the ingredients in a large pitcher and allow the flavours to infuse for at least an hour in the fridge

