



The Right Choice...for a Healthier You!TM

July 2014

Add these fruits, vegetables and herbs to your water bottle for a refreshing way to stay hydrated!



- | | |
|------------|-------------------|
| Watermelon | Rosemary |
| Cucumber | Lavender |
| Lemon | Strawberries |
| Cantaloupe | Blackberries |
| Orange | Raspberries |
| Cherries | Pineapple |
| Lime | Kiwi |
| Grapefruit | Papaya |
| Basil | Honeydew melon |
| Mint | Fresh ginger root |
| Grapes | Mango |

Try these delicious combinations:

- | | |
|--|---------------------------|
| Watermelon and mint | Cucumber and mint |
| Lemon and mint | Cherry and lime |
| Watermelon and cucumber | Ginger and lemon |
| Orange and pineapple | Lemon and lavender |
| Lime and mint | Cucumber and lime |
| Lemon and basil | Strawberry and mint |
| Blackberry and ginger | Lemon and blueberry |
| Thyme and blackberries | Cucumber and rosemary |
| Cantaloupe and watermelon | Cucumber, lemon, and mint |
| Lemon and lime | Strawberry and basil |
| Ginger and lime | Pineapple and mango |
| Strawberries and lime | Orange, lime, and lemon |
| Lemon and a pinch of cayenne | Papaya and mango |
| Cranberry juice and lemon <i>(use a capful of unsweetened cranberry juice)</i> | |



Nutritional Information Provided By

Carmen Honnef, RD, CD

USConnect Staff Dietitian

carmen@usconnect.biz

