



Be Heart Smart

'Move More' Tip of the Day

Take a morning, noon, or evening walk.

Flavored Water

Servings 4 | Prep time 5 mins. | Total time 5 mins.

Ingredients

- 1-2 cups fresh fruit, chopped (see flavor suggestions below)
- 1 lemon or lime, juiced
- 2 quarts water

Instructions

Add chopped fruit and lemon or lime juice to a large pitcher. Fill pitcher with water and cover with plastic wrap. Store overnight in the refrigerator.

Flavor suggestions:

- 1 cup watermelon, 1 lime, 5 mint leaves
- 1 cup strawberries, 1/2 cucumber (sliced)
- 2 cups pineapple cubes, 5 mint leaves, 4 slices of ginger
- 1 orange (thinly sliced), 1 pint raspberries

Nutritional Information

Calories 25	Total Fat 0g	Sodium 20mg	Total Carbs 3g	Protein <1g
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Nutrition Tip: Flavored Water: Water is a great beverage to drink. It doesn't contain any calories, sugar, or sodium and benefits our body in so many ways! Not to mention it is a thrifty option as well. By adding fruit to your water, you can add flavor without adding any of the things that are harmful to our bodies.

Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



*** Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition**



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