

# WHAT CAN I HAVE TO DRINK?

- ❖ **Have you been told you need to drink more to keep your kidney and you healthy? Maybe you need as much as 3 or 4 liters every day.**
- ❖ **Have you been told you should drink water? You have probably been told that you shouldn't drink pop or sugary drinks like juice. You may have even been told not to drink lots of caffeine drinks like tea and coffee.**
- ❖ **Is there anything you can have besides plain old water? You bet there is! Why not try some of these ways to flavor your water without adding lots of sugar and caffeine.**

## LEMON-GINGER ICED TEA

Combine 4 cups of water with 8 slices of fresh ginger in a saucepan and simmer for 10 minutes.

Remove from heat and add 2 mint tea bags.

Steep until it is as strong as you like it.

Throw away the tea bags and the ginger and chill until cold.

If you like your tea a little bit sweet, add a teaspoon of honey or sugar to a glass of the tea.

A slice of lemon or a sprig of mint will make your tea a little more special!



## FRESH FRUIT COOLER

Combine  $\frac{1}{2}$  cup of ice,  $\frac{3}{4}$  cup sugar-free sparkling water and  $\frac{1}{3}$  cup melon or berries in a blender. Blend until slushy. Makes 1 serving.

This drink is only about 18 calories.

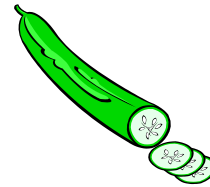


# WHAT CAN I HAVE TO DRINK?

## CITRUS CUCUMBER WATER

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1 large cucumber, sliced
- 1 half-gallon of water

Place all the sliced fruits and the cucumber in a glass pitcher and add water. Refrigerate for two hours to allow flavors to infuse, and then serve in glasses over ice.



## CUCUMBER-HERBAL WATER

- 5 cups water
- 10 thin slices of cucumber
- 2 lemon slices
- 2 sprigs of fresh mint
- 3 sprigs of rosemary

Put water in pitcher and add lemon slices and cucumber slices. Crush mint and rosemary to release flavor, then add to other ingredients. Refrigerate for several hours. Serve over ice in tall glasses. Garnish with a lemon wedge.



# WHAT CAN I HAVE TO DRINK?

## HONEYDEW-LIME WATER

- 2–3 slices of ripe honeydew melon
- 1 lime, sliced
- 4 sprigs of mint
- 1 half-gallon of water

Add melon slices, lime slices and mint sprigs to a large pitcher; fill with the half-gallon of water and refrigerate 2–4 hours. Serve in ice-filled glasses.



## HERB AND BERRY-FLAVORED WATER

- 1 cup fresh blueberries, lightly crushed
- 2 4-inch sprigs of fresh rosemary, lightly bruised (to release more flavor)
- 1 half-gallon of water

Add blueberries and rosemary sprigs to a large pitcher; fill with the half-gallon of water and refrigerate 2–4 hours. Serve in ice-filled glasses.



# WHAT CAN I HAVE TO DRINK?

## LEMON-LAVENDER WATER

- 3 large lemons, sliced
- 1/4 cup fresh lavender
- 1 half-gallon of water

Add lemon slices and lavender to pitcher; pour water over both and refrigerate for 2 hours. Serve over ice and garnish with a sprig of lavender.



## LEMON-MINT or LEMON-BASIL WATER

- 4 lemons, sliced
- 1 1/2 cups firmly packed fresh mint or basil leaves
- 6-8 cups water
- 6-8 cups ice cubes
- Fresh mint or basil sprigs

Place lemon slices in a large pitcher. Rub the mint or basil leaves between the palms of your hands to bruise the leaves slightly. Add to the pitcher with lemon and pour in the water. Cover and chill 1-8 hours.



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## WATERMELON-BASIL WATER

- 2 cups seedless watermelon, cubed
- 10 basil leaves
- 1 half-gallon of water

Pour water over melon and basil; refrigerate for 2 hours. Serve over ice, garnished with a sprig of basil.



## DESIGN-IT-YOURSELF WATER

Add one or more of the following to a pitcher of cold water:

- slices of lemon, lime or orange
- crushed fresh mint
- sliced fresh ginger
- sliced cucumber
- ½ cup of fresh berries, slightly crushed

Chill the water for a couple of hours to give the flavors time to blend. Find a combination of flavors that you like best!

# WHAT CAN I HAVE TO DRINK?

## **FRUIT-FLAVORED HERBAL TEA**

Brew a cup of your favorite herbal tea.

**OR**

Put 2 or 3 herbal tea bags into a pot and let the tea get nice and strong. Remove the tea bags. Put the tea in the fridge overnight to chill.

If you like your tea to be a bit sweet, add a teaspoon of honey or sugar to your cup or glass.



## **FRUITY WATER**

Add 1 or 2 ounces of unsweetened fruit juice to a large bottle of sparkling water.

