

## What to Drink?

- Water
- Unsweetened tea or coffee
- Low-fat/fat-free milk
- Fruit infused water



## Benefits of Water

- Improves mood
- Improves athletic performance
- Increases energy
- Suppresses appetite
- Alleviates joint pain
- Relieves constipation
- Prevents headaches
- Improves skin color and texture
- Improves blood circulation
- Eliminates bad breath





**Make**  
**Water** More  
**Exciting!**

Infusing water with your favorite fruits and herbs can be a good way to make staying hydrated more fun for you and your family. Add fresh fruit slices or herbs to a jar of water. For best taste, leave in the refrigerator overnight to let the flavors infuse into the water.

**HERE ARE SOME SUGGESTIONS!**

- Watermelon and Basil
- Cucumber
- Strawberry and Mint
- Lemon and Lime



**rethink**  
**YOUR DRINK**

**NorthShore**  
University HealthSystem



### Tips to Help You and Your Family Drink More Water

- Keep water accessible to children
- Serve meals with water or milk
- Ease sugar cravings by eating fresh fruit
- Use a reusable water bottle to save money and reduce waste
- Set daily goals and keep track of how much water you drink using calendars or smart phone apps