Why Try Flavor Infused Water?

Did you know that water plays a key role in health and may help you get to a healthy weight and can also help maintain healthy blood sugar levels. Staying hydrated helps support digestion and metabolism of the foods you eat.

Fluid needs can vary based on age, activity levels, extreme heat or cold, body weight, and certain medical conditions. For the average person, most experts suggest a goal of drinking at least 8-10 cups (2-2.5 liters) of water per day.

If you have chronic kidney disease, heart disease, or are on dialysis, discuss the fluid needs that are best for you with your doctor or dietitian.

Infusing water with fruits, herbs, and other botanicals helps you drink plenty of liquids without added calories, sugars, and artificial flavorings and can add some vitamins to the water. If you regularly drink sweetened beverages, you may be less likely to choose water. The following drinks have extra calories with little nutritional benefit:

- Regular soda
- Fruit juice
- Lemonade, fruit punch, Kool-Aid
- Sport/energy drinks
- Flavored coffee drinks or sweet tea

Best Practices:

Infuse your water with fruits, herbs, edible flowers and/or spices to for a flavor boost that is natural, healthy, and low in calories. Wash produce and rinse herbs to remove chemicals, pesticides, and other residue.

Making infused water is simple. Just add the ingredients to a glass jar or container and let it sit for a while. You can use infusing pitchers and bottles, but you don't have to.

Infuse water at room temperature for no more than 2 hours. After that, put it in the fridge to prevent bacterial growth. If you don't drink the water within 24 hours, strain out the solids and refrigerate for up to 3 days.

After 4 hours, citrus rinds can make water taste bitter. To make a large container of infused water, peel the citrus before soaking or soak unpeeled fruit for 4 hours and remove it. (keep that water icy cold for food safety).

Flavor Combinations:

- Lemon (half, thinly sliced) + Blueberries (1/2 cup smashed or sliced in half for more flavor)
- Watermelon (3/4-1 cup cubed) + Basil (2-3 sprigs)
- Cherries (½ cup cut or smashed) + Lime (half, thinly sliced)
- Mango (1/3 cup diced or smashed) + Ginger root (1/4-inch piece, peeled)
- Raspberries (1/3 cup-fresh are best) + Peaches (1/3 cup sliced or smashed)
- Grapefruit (half, peeled and quartered) + Rosemary (1-2 sprigs)
- Pineapple (¼-1/3 cup chunks or 2-3 rings) + Mint (3-4 leaves)
- Cucumber (2-3 slices) + Lemon or Lime (2-3 slices) + Mint (3-4 leaves)
- Kiwi (2-3 slices peeled) + Strawberries (2 sliced)
- Orange (quartered) + Vanilla extract (1/8-1/4 teaspoon) + Cardamom (1/2 teaspoon) + Cinnamon (dash)

Tips:

- Crush fibrous ginger root, rosemary, and lemongrass with a wooden spoon; tear or crush leafy herbs like mint, basil, and cilantro to release their oils.
- Loose herbs and flowers — lavender, rose petals, dried hibiscus — can be contained in a tea infuser or cheesecloth.
- Cucumbers, citrus fruits, melons, and mint flavor water almost immediately. Apples, cinnamon, fresh ginger root, and rosemary need an overnight soak in the fridge.