

rethink YOUR DRINK

Enjoy these tasty water alternatives to sugar sweetened beverages:



Watermelon Basil Water

- 2 cups of seedless watermelon, cubed
- Ten to 12 basil leaves
- One half gallon of water



Cucumber Melon Water

- One large cucumber, sliced
- 1/4 honeydew melon, cubed
- 1/4 cantaloupe, cubed
- One half gallon of water



Pineapple Mint Water

- 2 cups of pineapple, cubed
- Ten mint leaves
- One half gallon of water



Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department

Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • www.healthylivingforlife.org

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.