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# HYDRATE

At every age, what you drink can be as important as what you eat. Choose options that limit added sugars, saturated fat, and sodium.

## DRINK WATER

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.

## JAZZ UP YOUR DRINK

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.

## Choose Your Infusion

You can infuse water with any number of fruits, vegetables, herbs, spices, and even edible flowers!

**Fruit:** berries, citrus, melon, tropical fruits, apples, grapes, nectarines, peaches, pears, plums

**Vegetables:** carrots, celery, cucumber, fennel, peppers (hot or sweet)

