

# 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!*

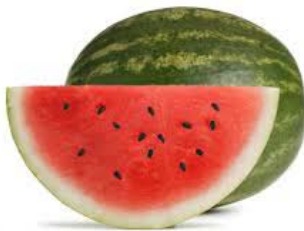
Nutrition Services • Alameda County Public Health Department

Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • [www.healthylivingforlife.org](http://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](http://www.cachampionsforchange.net).

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Disfruta de estas alternativas de bebidas azucaradas:



## Agua de sandía y albahaca

- 2 tazas de sandía sin semillas
- 10-12 hojas de albahaca
- Medio galón de agua



## Agua de melón y pepino

- Pepino grande, cortado
- 1/4 melón verde, cortado
- 1/4 melón naranja, cortado
- Medio galón de agua



## Agua de piña y menta

- 2 tazas de piña
- 10 hojas de menta
- Medio galón de agua



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