Healthy Thirst Quenchers

Need some tasty drink ideas? Try these healthy thirst quenchers!

Create an exciting twist on your usual water routine by flavoring your water with fruits, veggies, and herbs! Add any amount of your favorite fruits, veggies, and herbs to water or seltzer and drink immediately or infuse for 1-2 hours. Make sure to keep your drink refrigerated or on ice to prevent spoilage. See below for some tasty drink combinations.

**Very Berry Water**
Kiwi + Berries + Water

**Lovely Lavender Water**
Lemon + Lavender + Water

**Super Citrus Water**
Orange + Lemon + Water

**Cucumber Spa Water**
Cucumber + Mint + Water

**Lemon Ginger Fizz**
Ginger + Lemon + Seltzer Water

**Merry Melon Water**
Rosemary + Watermelon + Water

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Santa Clara County Public Health
Kaiser Permanente in the community
Banpac Bay Area Nutrition & Physical Activity Collaborative
Sugary drinks are one of the main causes of weight gain and obesity.

Choose these healthy options instead:

- Water, mineral water (sparkling or still)
- Coffee, plain or with a teaspoon of sugar and nonfat or 1 percent milk
- Tea, hot or iced, plain or with a teaspoon of sugar