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DRINK WATER YOUR WAY!

Flavor your water.

Keep a pitcher of water in the refrigerator. Add flavor, not sugar.



- Squeeze of lemon or lime
- Frozen or fresh berries
- Fresh mint leaves
- Cucumber slices

Always wash fruits and veggies before use by scrubbing under running water.

Summer Ice Fun:

Enjoy cold water with frozen flavor.

Wash, peel and cut fruit into ½ inch cubes. Drop fruit cubes into ice cube trays half filled with water and freeze. Or freeze cubes on a cookie sheet for 1 hour then put into a freezer safe container. Add frozen fruit to a glass of water.

Mix and match these fruits for even more flavor and color in your glass:



Kids can...



- Choose fruits and veggies to flavor water or a smoothie. Try adding cut up banana, spinach or broccoli to a smoothie.
- Help make the Popeye Power Smoothie at www.FoodHero.org.
- Choose a favorite bottle to keep full of water and keep in the refrigerator just for them.

Sip Smart

When kids are thirsty choose water, fat-free or 1% milk, or 100% fruit juice. Offer these rather than sugar-sweetened drinks.

Monthly Hero Checklist

- Choose water often.
- Drink fat-free or 1% milk.
- Search for smoothie recipes at www.FoodHero.org.
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FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service



Watermelon Cooler

Ingredients

- 1/2 cup **orange juice**
- 3 cups cubed **watermelon**, with seeds removed

Directions

1. Place watermelon and juice in blender. Put lid on tightly.
2. Whirl until blended.
3. Drink immediately.
4. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size about 1 cup (194g)	
Servings Per Container 3	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 20%	Vitamin C 45%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tropical Smoothie

Ingredients

- 1 cup low-fat (1%) **milk**
- 2 cups **pineapple** chunks
- 1 **banana**
- 1 cup cold **water**

Directions

1. Put all ingredients in a blender. Put lid on tightly.
2. Blend until smooth.
3. Pour into cups or glasses. Serve chilled.
4. Refrigerate or freeze extra portions for a fast, healthy snack.

Nutrition Facts	
Serving Size about 1 cup (322g)	
Servings Per Container 5	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 26g	
Protein 4g	
Vitamin A 6%	Vitamin C 25%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and tips on eating well for less, visit www.foodhero.org