

Fruit Infused Water

Strawberry-Basil Water Ingredients

Strawberries (fresh or frozen), sliced
Fresh Basil Leaves
Water (flat or sparkling)
Ice (optional)

Pineapple-Mint Water Ingredients

Pineapple pieces (fresh or frozen)
Fresh Mint
Water (flat or sparkling)
Ice (optional)

Serves 1 or more

Provides 5 calories, 0 grams protein per serving.



Instructions

1. In a glass or pitcher, mix and muddle the ingredients together.
2. For stronger flavor, add more fruit and/or herbs and let sit for 4 or more hours in the refrigerator

Nutrition Tips:

- Maintaining optimal hydration status during treatment is very important, but plain water may become dull after time. Naturally flavored water with fruit and fresh herbs can help to boost your fluid intake in a more exciting way!
- Water makes up two-thirds of your body and plays an important role in proper body functioning. Water helps regulate your body temperature and remove wastes and toxins. If you are not drinking enough fluids and/or losing fluids through strenuous exercise or diarrhea, you may become dehydrated. With dehydration, you may experience symptoms such as fatigue, dry mouth, dizziness, headaches, difficulty swallowing, irritability, constipation, and nausea.
- If you are experiencing diarrhea, make this infusion into an oral rehydration solution for better fluid absorption. Add 3 teaspoons of sugar and ½ teaspoon of salt to every 16 ounces of fluid. Sugar will provide energy (about 50 calories for every 3 tsp) and salt will help to promote fluid absorption in the body.
- Mix and match your favorite flavors in water to maximize your fluid intake. Other recipes to try can include lemon with ginger, watermelon and cucumber with mint, and mango with peach.

Recipe provided by Elizabeth Adler, MGH Dietetic Intern 2016