

PantryPress



Orange Twist Electrolyte Drink

Serves: 2

Ingredients

2 cups water
¾ cup orange juice
¼ cup lemon juice
1/8 tsp salt
1 Tbsp honey (optional)

Directions

1. Stir all ingredients well.
2. Serve over ice.

Nutrition Info

54 Calories
0g Fat
15g Carbohydrates
0g Protein
105mg Sodium

Healthy Hydration

Summer months mean rising temperatures. When we sweat, we lose a lot of fluid and small amounts of minerals. It is important to drink plenty of water to avoid dehydration and help your body function at its best.

Water is the best choice for most. But for intense exercise, special occasions, or a particularly hot summer day, a homemade electrolyte drink may be a better alternative than a store-bought sports drink or other sugary drinks. Sports drinks typically have a mixture of electrolytes and vitamins, along with added sugar or other sweeteners, and artificial dyes. Check out the side panel for an easy electrolyte drink at home.

Electrolytes are essential minerals like sodium, calcium, and potassium that are important for many key functions of the body. When we sweat, we lose a small amount of electrolytes, vitamins and minerals. Eating fruit is an excellent way to replenish those nutrients! Many people are already eating and drinking too much sugar and not eating enough fruit.

5 Ways to More Water

1. If you don't like plain water, add some flavor with a few slices of fruit or a splash of 100% fruit juice.
2. Keep a glass of water next to your bed. It is always a good idea to start and end your day with a glass of water.
3. Don't wait until your body is thirsty. Instead, take sips of water throughout the day to keep from becoming dehydrated.
4. Carry a reusable water bottle full of cold water. You may find that you drink more water since the bottle is already in your hands and the cool temperature may be more appealing.
5. Hydration can also come from the foods you eat. Watermelon, lettuce, and zucchini have high amounts of water in them.



GREAT SOURCES OF VITAMINS, MINERALS AND ELECTROLYTES

Banana
Watermelon
Mango
Blueberries
Strawberries
Raspberries
Blackberries
Cucumbers
Grapes
Oranges

Related Links:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy>

<https://www.health.harvard.edu/staying-healthy/using-food-to-stay-hydrated>

