



No-Sugar Drinks to Keep You Hydrated

Hot enough for you? Beat the heat by staying cool and hydrated with plenty of water. How much do you need? The common "8 glasses a day" is a good start, but adult men generally need about 3 quarts (12 cups) of water daily, while women need around 2 quarts (8 cups). Your specific needs may vary based on your size, fluid loss (like sweating on hot days), and activity level.

Plain water is great, but it can get boring. Luckily, there are plenty of alternatives. Skip the expensive vitamin or electrolyte waters unless you're an endurance athlete, as they often contain unnecessary sugars or chemical ingredients. Instead, try flavored or plain seltzer (without added sugars or artificial sweeteners), tea, coffee, and low-sodium broth. Steer clear of soda, juice, sweetened drinks, diet beverages, and excessive alcohol. Don't forget that raw fruits and vegetables, which are about 90% water, also contribute to your fluid intake.

Here are some tips to make your water more enticing:

- Sparkling water at home: If you enjoy bubbly water but not the cost or packaging waste, consider splurging on a sparkling water maker like SodaStream. It carbonates your tap water, and you can add natural flavor essences for a personalized touch.
- Fresh mint: Grow mint on your windowsill or in a pot outside and add the leaves to your water for a refreshing flavor.
- Berry ice cubes: Add a berry to each compartment of your ice cube tray before freezing. As the ice melts, your water will look pretty and taste better.
- Frozen fruit: Use frozen fruit to cool your water and infuse it with natural flavors.
- Homemade iced herbal teas: Brew strong herbal tea, chill it in the fridge, and enjoy it over ice. Check out the recipe below for a perfect summer herbal cooler.
- No-sugar agua fresca: Simply infuse water with sliced fruit, herbs, and veggies. Keep it refrigerated and enjoy within two days. Try combinations like lemon-cucumber, grapefruit-ginger, watermelon-mint, strawberry-basil, kiwi-pomegranate, or pineapple-coconut-lime.

Summertime Cold-Brew Herbal Cooler



This method removes the bitterness you get from hot-brewed tea. It takes some planning but is incredibly easy.

Ingredients:

- Herbal tea (or any tea – green, black, fruit, etc.), loose or in bags
- Cold or room temperature water
- Garnishes like citrus slices, mint leaves, or berries

Instructions:

Use 1 tea bag or 1 teaspoon of loose tea per cup of water. Combine tea and water in a pitcher and refrigerate for 6-8 hours (longer for fruity teas). Strain the tea leaves or remove the bags. Serve over ice with your favorite garnishes.

Tip: Loose tea is often preferred for its flavor. If you're using tea bags, you can cut them open and use the loose leaves, then strain well before serving.