

# Enjoy Water *Every Day*



**Add fruits or herbs!**



**Refreshing Healthy Delicious**

# How much water do I need per day?



- Many people don't drink enough water daily, especially when it's hot outside.
- Health experts recommend drinking 4 to 6 cups of water every day. However, everyone's need is different.
- Your need for water varies depending on your age, your physical activity, the weather, or if you are pregnant or breastfeeding. It also varies depending on what you drink and eat that day.
- Talk to your doctor if you have thyroid disease, kidney, liver, or heart problems - or if you take medications that retain water.

## 5 Tips to Drink More Water!

### 1. Have a healthy beverage with every snack and meal.

Choose beverages low in fat and with little or no added sugar. Try water, seltzer water, low fat milk, tea, herbal teas, and coffee.

### 2. Eat more fruits and vegetables.

Fresh fruits and vegetables contain lots of water, are naturally low in salt, and do not have added sugars. Choose canned or jarred fruits with little or no added sugars or syrups.

### 3. Keep water with you at your desk, or in your travel bag.

Keep a glass of water by your bedside at night!

### 4. Add fresh fruits, herbs or vegetables to your water.

### 5. If you are thirsty don't wait... drink some water.



## Water with a Twist

1. Clean fruits or vegetables under cold running water.
2. Cut into slices leaving the skin on for flavor.  
Squeeze citrus to release more flavor into the water.
3. Add slices to a pitcher or individual cups of water.
4. Serve and enjoy. Don't forget to eat the fruits or veggies!

**Food Safety Note:** • Keep cold or drink within 2 hours.  
• Can be refrigerated for up to 3 days

### Ingredients

#### Slices of fruit or vegetables:

Try: Oranges Lemons Limes  
Strawberries Pineapple  
Cucumber

Water, about 8 cups

(Plain water, best if chilled)

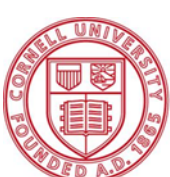
## Can I drink NYC water?

NYC drinking water is clean, safe, and some of the best tasting water in the world. It is available right out of the tap and free throughout the many walkways and parks in every borough.

**To find out more about NYC Drinking Water or to order a free lead kit call 311  
or search NYC drinking water at [www.nyc.gov](http://www.nyc.gov)**

## Do I have to buy bottled water?

No. Bottled water is expensive and adds to our waste stream. New York City water is virtually lead-free, but water can absorb lead from plumbing of some older buildings.



**Cornell University**  
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Check out our Farmers' Market Nutrition Program website for recipes and resources. Scan this QR code with your smartphone or visit this address:  
<https://nyc.cce.cornell.edu/farmers-market-nutrition-education-program-fmnp/>



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