Sugar Content of Common Beverages
Spa Water is a simple way to liven up your water without all the sugars of sodas and juice drinks.

Making your own Spa Water is easy!
1. Choose your favorite fruit and slice it up.
2. Fill a pitcher with cool water, and add a few ice cubes.
3. Add your fruits to the pitcher, let it sit so the flavor can spread.

You don’t need a ton of fruits just enough to give the water a hint of flavor!

Some common versions of spa water are:
- Lemon, orange, or lime water
- Cucumber water
- Cucumer & Mint Water
- Peach water
- Strawberry water
- Watermelon & Mint (or basil) water

- Get creative with your favorite fruits or herbs!