

# Tips to get more water

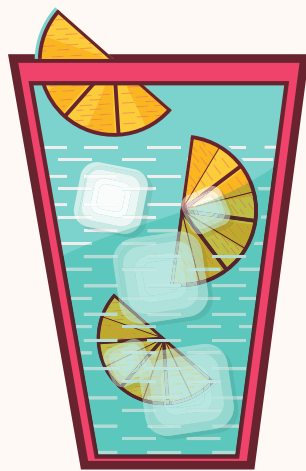


Water is life and drinking more water is a healthy choice.

Below are some tips to help you enjoy more water.

## 1. Try flavouring water with:

- Berries like raspberries or blackberries
- Lemon or lime
- Mint leaves



## 2. Try a traditional tea either hot or cold

(add ice cubes to cedar tea for a refreshing summer drink!)



## 3. Carry a water bottle with you and refill it often



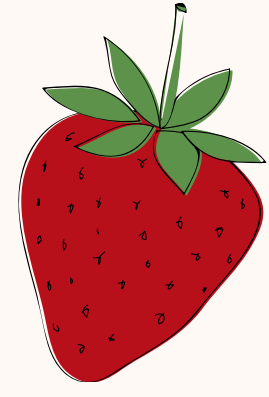
## 4. Have a glass of water at each meal

## 5. Eat fruits and veggies that are high in water:

- Cucumber
- Celery
- Tomato
- Peppers
- Radish
- Watermelon
- Cantaloupe
- Strawberries
- Grapefruit



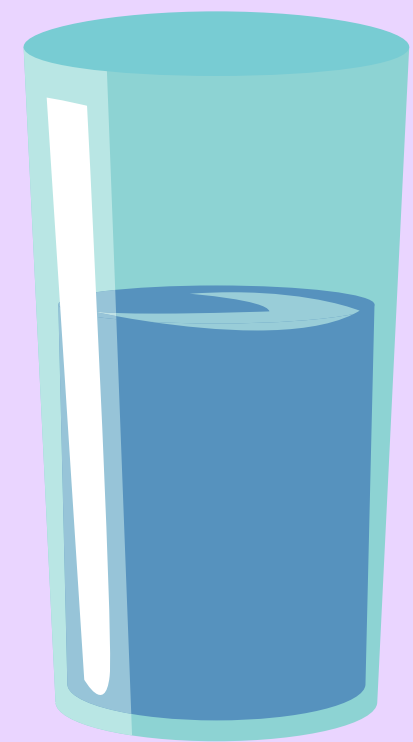
## Did you know?



About 20% of your daily water comes from the foods you eat. Choose more vegetables and fruit, as these are high in water as well as vitamins, minerals and fibre.

## Honouring water

Water is the most life sustaining gift on Mother Earth and is the interconnection among all living beings. Water sustains us, flows between us, within us, and replenishes us. Water is the life blood of Mother Earth and, as such, cleanses not only herself, but all living things...



Source: Assembly of First Nations

If you would like to find out more, speak with Wabano's dietitian Jasna at 613-748-0657 ext 285 or [jrobinsonwright@wabano.com](mailto:jrobinsonwright@wabano.com)

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