

# Nutrition Facts

## Fruit-Infused Water and Your Teeth

Fruit-infused water is tap water with pieces of fruit added to it. Fruit-infused water should only be enjoyed with meals or at special occasions because it may not be good for your teeth. Plain **tap water** is always the **best choice** to sip on throughout the day.

**Q:** I thought fruit-infused water was a healthy choice?

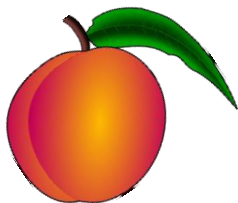
**A:** Fruit-infused waters are a *healthier* choice when compared to other sugary drinks like pop, sports drinks, energy drinks, carbonated drinks and sugar-sweetened coffees and teas because they have less sugar and provide less energy. All of these beverages, including fruit-infused water can be highly acidic, weaken teeth and lead to cavities. For more information about how to keep hydrated, visit [www.healthunit.com/children-youth-staying-hydrated](http://www.healthunit.com/children-youth-staying-hydrated).

**Follow these guidelines:**

- Sipping on these beverages all day long is not recommended.
- Choose plain tap water to sip on throughout the day.
- Choose fruit-infused water at meal times and special occasions.
- Plain milk and unflavoured fortified soy beverages are also excellent choices at meals and will help to increase vitamin D and calcium intake.

**Q:** Do drinks that have artificial sweeteners harm your teeth?

**A:** Drinks with artificial sweeteners can still hurt your teeth because they also lead to high acid levels in the mouth. Enjoy these drinks at meal times or special occasions.



## Fruit Infused Water Recipes

### Cherry Berry Blast

**Yield:**

64 X 125 mL (1/2 cup) servings

**Ingredients:**

2 cups frozen cherries  
2 cups frozen sliced strawberries  
8 L cold tap water  
Ice

**Method:**

1. See food safety instructions.
2. Using a cutting board and knife, slice cherries in half.
3. Fill the container with cold tap water.
4. Add fruit.
5. Add ice to keep cold.

### Berries are Peachy

**Yield:**

64 X 125 mL (1/2 cup) servings

**Ingredients:**

2 cups frozen sliced peaches  
2 cups sliced strawberries  
8 L cold tap water  
Ice

**Method:**

1. See food safety instructions.
2. Fill the container with cold tap water.
3. Add fruit.
4. Add ice to keep cold.

**Q:** Are there food safety tips to follow when preparing fruit-infused water?

**A:** Follow basic food safety when preparing fruit-infused drinks to reduce the risk of food-borne illness:

1. When using fresh fruit, make sure that the fruit is not bruised or damaged. If there is any area that is bruised or damaged be sure to cut it out.
2. When using frozen fruit, keep it in the freezer until ready to use.
3. Before preparing any fruit or vegetable wash your hands with soap and water and wash your hands frequently, as needed, during preparation.
4. Ensure counter surfaces and all utensils and containers you plan to use are clean and have been thoroughly washed and rinsed and sanitized before starting any preparation.
5. When using fresh fruit, wash it thoroughly under cool running water using friction. A produce brush is recommended to wash vegetables and fruit with firm surfaces (e.g. melons). Herbs should also be washed.
6. Cut and prepare fruit and vegetables and keep cold (at or below 4 degrees Celsius) until use.
7. Prepare the drink according to recipe directions.
8. Cool the fruit-infused water with ice and hold for up to 4 hours. Throw out after 4 hours. Wash and rinse and sanitize the drink container before and after each use. A sign should be posted on the container to remind those using the container to follow this procedure.