Are You Bored with Plain Water?**

CTF participants often mention that they are bored with drinking water, and yet they are aware that drinking soft drinks full of sugar or even drinking too much fruit juice does not give the satiety that eating those calories as solid foods would give them.

Fluid needs vary from person to person. Thirst should be an indicator for drinking more fluid, but as one gets older, the thirst mechanism is not as effective. Some medications may also be dehydrating necessitating more fluid, and summer time heat may increase fluid needs.

Here are some ways to get the fluid that you need…………

- To brighten the taste of water, attach a filter to your faucet or use a pitcher with a filter.
- Stock club soda, sparkling water, or diet tonic water for no-calorie alternatives.
- Enjoy ice tea with your favorite brew of tea, and store in the refrigerator until you are ready to drink it.
- Try flavored sparkling water all year round. You can make a sparkling sangria with a few berries, lemon wedges or orange slices in a tall glass, and then pour in club soda or sparkling water.
- Brew extra coffee. Refrigerate it for iced coffee.
- Flavor water with vegetables or herbs. Try cucumber slices, mint, lavender, ginger root, or basil.
- Make your own lemonade or limeade. Squeeze lemon or lime into your water. Sweeten with a bit of low-calorie sweetener or a bit of sugar.
- Get your fill of fruits and vegetables each day as they are mainly water, and count towards your fluid goals.

If you buy bottled flavored water or juice drinks, sports or energy drinks, or souped up coffees or teas, check the label for the amount of sugar in that specific serving. Sugars are listed on the label in grams. (4 grams = 1 teaspoon) Be aware that there may be more than one serving in each bottle.

**The source for this article is “What To Do If You’re Bored with Water”, Hope Warshaw, RD, The Washington Post, May 26, 2015.**