

# Eat Smart • Move More

## Water Sparklers

Prep Time: 5 minutes

Total Time: 5 minutes



### Ingredients

- ½ cup ice (optional)
- ¾ cup unflavored sparkling water
- ¼ cup 100% fruit juice, such as orange or grape

### Nutrition Facts

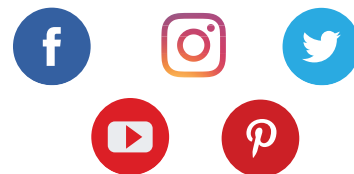
1 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(422.16g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes g Added Sugars	
<b>Protein</b> <1g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.2mg	0%
Potassium 250mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Freeze some of the remaining juice to make fruit juice ice cubes.
- ▶ Limit liquid calories. Eat whole fruits instead.
- ▶ Although fruit juice is a healthier alternative to sugar sweetened drinks, whole fruit is more nutritious than fruit juice.

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### Directions

- Add ice to a cup, if using.
- Stir in water and fruit juice to the cup. Enjoy!

(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net.>)

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