

RD KITCHEN

MAY 2018

ONE *on* *ONE*
NUTRITION

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ON THE MENU: CRYSTAL LIGHT



THE NUTRITION

Low in calories: contains 10 calories per 16.9 oz water bottle.

No added sugar: contains 0 grams of sugar per 16.9 oz water bottle.

Prevents dehydration: is the same as drinking plain water with its contribution to our hydration status.

THE USES

Low calorie mixer: save calories and sugar by using Crystal Light as a mixer instead of soda or juice.

NOTE: We are not encouraging the consumption of alcohol!

Swap out plain water, juices and teas: for this low calorie, no sugar drink option that tastes just as good...if not better!

CRYSTAL LIGHT INFUSIONS

Lemonade & Thyme

16 oz seltzer water

1 packet Crystal Light Lemonade mix

1 sprig fresh thyme, chopped

Raspberry Mojito

1 tablespoon lime juice

1 packet Crystal Light Raspberry mix

2 fresh mint leaves

16 oz seltzer water

Cool Cucumber Lemonade

16 oz water

1 packet Crystal Light Lemonade mix

3 cucumber slices