

Spritzer Punch

What You'll Need

- 1 liter of seltzer water
- 2 cups 100% fruit juice
- 1 cup strawberries, sliced
- 1 cup raspberries

Serves 6

Let's Cook!

- 1 Combine ingredients in a large pitcher.
- 2 Chill in refrigerator for 2 hours.

Nutrition Facts

Serving Size (296g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 5
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	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
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Vitamin A 2%	Vitamin C 90%
Calcium 2%	Iron 2%

Did You Know?

Drinks made with different types of sugars are called sweetened drinks. Sweetened drinks offer lots of calories and few vitamins and minerals. That's why they should not be a big part of your diet.

Some examples of sweetened drinks are:

- » regular soft drinks (Coke®, Pepsi®, Sprite®, Dr Pepper®)
- » sport drinks (Gatorade®, PowerAde®)
- » fruit-flavored drinks (Capri Sun®, lemonade, Hi-C®, Kool-Aid®, Sunny Delight®, Hugs®, fruit punch)
- » specialty coffee drinks or tea with cream, sugar or whipped cream

Sugars and sweeteners go by many different names, which may make them hard to find. Try searching for these names in the list of ingredients to find out if a drink is sweetened:

- » high fructose corn syrup
- » fruit juice concentrates
- » sugar
- » fructose
- » corn syrup
- » sucrose
- » dextrose
- » honey

What about 100% fruit juice?

100% fruit juice is healthier than sweetened drinks but still has a lot of sugar. The best way to get fruits into your diet is to eat them.

Here are some ways to make smarter drink choices:

- » choose water over sweetened drinks
- » add some flavor to water with slices of lemon, lime, orange or watermelon
- » drink low-fat, skim milk or soy milk
- » try diet soda or diet iced tea instead of regular soda or tea, but make it a small size, and limit choices with caffeine in them



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