

# **10 Tips for Drinking More Water This Summer**

LIVE WELL UTAH

A man with a beard and glasses is shown in profile, drinking water from a clear plastic bottle. The bottle has a logo that looks like a stylized house or cabin with three stars. Water is splashing out of the bottle's opening. The background is a bright sunset or sunrise over a landscape, with the sun low on the horizon, creating a warm, golden glow. The overall scene is outdoors and suggests a healthy, active lifestyle.

10 TIPS FOR  
DRINKING  
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We all know drinking more water is good for us, but that doesn't mean it's easy to drink enough each day. During the hot summer months, it's especially important that we drink enough to keep our bodies hydrated and healthy. Here are some easy tips to help you get started:

1. Get a water bottle or cup that you'll actually use. Choose whatever suits your style.
2. Carry a water bottle with you and keep it at your desk. Refill it whenever you're near the water cooler or fountain.
3. Use an app to track your water consumption. Apps like Plant Nanny make drinking water feel like a game. Apps such as iDrated and WaterLogged are also great resources to help remind you to drink.
4. Invest in a water filter (or a filtered water bottle) if you don't like the taste of tap water.
5. Opt for water. Replace sugary drinks such as soda and energy drinks with water. It's zero calories and you'll save money.
6. Use a marked water bottle that shows how much you've consumed throughout the day (or make your own!).
7. Add fresh fruit to your water to give it some flavor.
8. Set reminders for yourself to drink at certain times of the day (i.e. before every meal or after every bathroom break).
9. Keep a glass or water bottle by your bed for easy access during the night.
10. Set a realistic goal for yourself. If you're only drinking two glasses a day now, don't jump directly to a goal of eight glasses. Start small and you'll improve little by little.

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*This article was written by Kali Anderson, Extension Intern*

*for Utah County*

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# **Healthy Homemade Fruit “Ice Cream”**

A close-up photograph of a bowl filled with light-colored, soft-serve ice cream. The ice cream is topped with several fresh blueberries and a sprig of green basil leaves. The bowl is dark-colored, and the background is a soft, out-of-focus blue.

HEALTHY  
HOMEMADE  
FRUIT  
"ICE CREAM"

LIVE WELL UTAH

*Cool off with this guilt-free frozen treat!*

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It's not often that we hear "healthy" and "ice cream" in the same sentence, but substituting cream and sugar with frozen fruit makes this treat both delicious and nutritious. The best part is you probably have all the ingredients in your kitchen right now!

Steps:

1. Freeze several bananas or other fruit (strawberries, raspberries, pineapple, mangoes, etc). Once frozen, let fruit thaw for a few minutes and cut into chunks.
2. Place fruit in food processor or blender and puree until the consistency is creamy. Feel free to add in cocoa powder for a chocolatey taste or peanut butter for some added protein.
3. Spoon mixture into a bowl and add in desired toppings, such as chopped nuts, mini chocolate chips, shredded coconut, or granola.

**Note:** Use bananas for a creamier consistency. Other fruits will make the product more like sorbet, which is still delicious!

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# **Quick and Easy Mug Frittata**

# QUICK AND EASY MUG FRITTATA



LIVE WELL UTAH

*Try this quick and easy mug frittata for a protein-packed breakfast.*

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Eggs are budget-friendly and packed with high quality protein, vitamins and minerals our bodies need. This single-serving mug frittata takes just 3 minutes to make and is perfect for any weekday meal, not just breakfast. Feel free to add additional mix-ins based on your preferences.

## **Ingredients:**

- 2 eggs
- Cooking spray or oil of choice
- Salt and pepper, to taste
- Desired fruits or vegetables, sliced or chopped
- Salsa, if desired

## **Directions:**

1. Grease mug with cooking spray or any type of oil.
2. Fill mug with desired fruit and/or vegetables and crack both eggs into mug.
3. Add salt and pepper to mug and mix all ingredients together.
4. Microwave for 2 minutes.
5. Flip mug over onto plate and top frittata with salsa, if desired.

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*This recipe article was written by Kali Anderson, Extension Intern for Utah County. Recipe adapted from: <https://eateachlaughcraft.com/food/three-minute-omelette-recipe/>*