

I'll have pineapple with that

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A couple of months ago, I wrote [a blog about the importance of drinking water](#), especially for cancer patients. One of our readers asked a question that I thought was important as it could help people increase their water intake. "Adrienne" asked if adding fresh mint, ginger or honey to purified water makes a difference.

This is a question I've wanted to know the answer to so I contacted Milton Stokes, MPH, CDN, who is a registered dietitian and owner of [One Source Nutrition](#), a nutritional consulting and counseling firm. Milton also sits on the board of *CURE* magazine.

Here's what Milton said if you missed it: "As a Registered Dietitian, I always counsel my clients to tweak/alter beverages (and foods) to fit their individual preferences. So if you like mint and ginger in your water--I certainly do!--then go for it. Whatever gets you to your goal. And your add-ins may help digestion, which is another bonus! If you need some sweetness, honey is fine. Just hone in on what "a little" really means. Is it a lengthy squirt from the bear-shaped container? Or are we talking a teaspoon? While honey provides antioxidants, it also delivers calories. So if you're trying to lose weight, you may wish to minimize or skip the honey. Another option: sliced oranges or berries in the water. That's your call. Just glad you're focused on hydration."

I've put citrus in my water before, but I hadn't tried berries so I sliced up a few strawberries today in my water, and it was yummy! Thanks, Milton, for the great input. I'm sure other fruits can be just as tasty. I think I'll try pineapple tonight.