



naturally essenced
sparkling water

DIETITIAN TOOLKIT



0-CALORIE 0-SWEETENER 0-SODIUM = INNOCENT!

INTRODUCTION:

Dietitian Better Beverage Toolkit

LaCroix® Sparkling Water has created a Better Beverage Toolkit in response to the success of our previous kit created for Supermarket Dietitians. This toolkit is intended to reach a broad audience of health professionals, teachers, retail health leaders and employee wellness advocates interested in educating consumers about the benefits of choosing healthy-for-you beverages, like naturally essenced LaCroix® Sparkling Water. This kit includes valuable information on the importance of hydration. We hope that the materials enclosed will help you engage audiences of all ages on a variety of health topics related to making healthier beverage choices.

LaCroix® Sparkling Water, pronounced “LA-CROY” is a healthy-for-you beverage with a clean label and delicious taste. Many people enjoy LaCroix® as an alternative for sugar-sweetened beverages. By choosing better beverage choices, like LaCroix® with 0-Calories, 0-Sweeteners, 0-Sodium = Innocent; it is our hope to empower individuals to embrace better hydration and overall health.

About the Author: Barbara Ruhs, M.S., R.D.N., is a Registered Dietitian Nutritionist specializing in food & nutrition communications and retail-based health and wellness strategies. A passionate leader and nutrition entrepreneur, she is a former supermarket dietitian and writes a regular “Retail RDN” column in Today’s Dietitian magazine. Originally from Bellport, NY, she started her career working for USDA’s Child Nutrition Programs after graduating with her Master’s Degree in Nutrition from Boston University. In addition to working as a staff nutritionist for Harvard University, she ran a thriving private practice, Neighborhood Nutrition, for a decade in Cambridge, Massachusetts, focused on counseling athletes and individuals struggling with disordered eating. Barb graduated from Cornell University with a Bachelor’s Degree in Nutrition and Dietetics. She lives in Phoenix, Arizona and is an avid tennis player and cyclist. Follow @BarbRuhsRD on Twitter and Instagram.



Barbara Ruhs,
M.S., R.D.N

TOOLKIT INCLUDES:

LaCroix® Talking Points

Better Beverage Sampling Guide

Sugar Busters Introduction

Hydration: How Much Water Do You Need Per Day?

Hydration & Diabetes

Hydration, Hunger & Healthy

Weight Managment

Educational Activity Ideas

Sparkling Recipes



LACROIX® SPARKLING WATER

Talking Points

LaCroix® Sparkling Water, the fastest growing natural sparkling water* brand in the U.S., serves as a healthy – and naturally delicious – alternative to artificially-sweetened beverages. Distinctive packaging, robust aroma, and natural essence make LaCroix® the ‘innocent’ alternative to sweetened beverages for health-conscious consumers.

- LaCroix® (pronounced La- Croy) Sparkling Water
- 0-Calories, 0-Sweeteners, 0-Sodium = Innocent!
- Naturally essenced and environmentally friendly
- There are 14 core LaCroix® flavors: KeyLime, Tangerine, Mango, Apricot, & Passionfruit are the newest; Peach-Pear, Coconut, Lemon, Lime, Berry, Cran-Raspberry, Orange, Pamplemousse (Grapefruit) & Pure (unflavored) round out the line-up.
- The LaCroix® family also includes NiCola® and 6 LaCroix® Cúrate® (pronounced coo-ra-tay) flavors: Piña Fraise (Pineapple Strawberry), Pomme Bayá (Apple Berry), Cerise Limón (Cherry Lime), Kiwi Sandía (Kiwi Watermelon), Múre Pepino (Blackberry Cucumber) and Melón Pomelo (Cantaloupe Pink Grapefruit).
- LaCroix® Cúrate® has a bolder flavor.
- LaCroix® Sparkling Water & LaCroix® Cúrate® Sparkling Water is gluten free, vegan and non-GMO.
- LaCroix® Sparkling Water and LaCroix® Cúrate® Sparkling Water are both available nationwide.

For more information, join the LaCroix® community on Social Media at @LaCroixwater or check us out at www.LaCroixWater.com.

*Nielsen ScanTrack, Latest 52 Weeks 5.21

HYDRATION FOR HEALTH:

Make Every Sip Count!

We realize there are many beverages to choose from at the supermarket, convenience store, vending machine or in the cafeteria. Selecting the right choice can be confusing. LaCroix® Sparkling Water is one of the best-tasting, healthy options that contains 0-Calories, 0-Sweeteners, 0-Sodium and comes in 21 unique flavors, and it contributes to overall hydration! This brief guide will highlight some of the many benefits of maintaining optimal hydration.

Does Sparkling Water Count Towards My Water Intake Goals?
YES! LaCroix® most certainly counts towards daily water consumption goals. It includes carbonation, to enhance the flavor and drinkability. Unlike seltzer and club soda products, LaCroix® does not contain sodium, phosphorus or citric acid that may harm bones and teeth.

DIETARY REFERENCE INTAKE

TOTAL FLUID INTAKE PER DAY

| GENDER | AGE | FOOD + DRINKS (total fluid intake) | DRINKS (cups) (*80% of total intake) | DRINKS (cups) (*conversion = 4.2 cups/liter) |
|--------------|------------|---------------------------------------|---|---|
| Boys + Girls | 4-8 years | 1.7 liters/day | 1.4 liters/day | 5 cups/day |
| Girls | 9-13 years | 2.1 liters/day | 1.7 liters/day | 7 cups/day |
| Boys | 9-13 years | 2.4 liters/day | 1.9 liters/day | 8 cups/day |
| Women | 19+ years | 2.7 liters/day | 2.1 liters/day | 9 cups/day |
| Men | 19+ years | 3.7 liters/day | 2.9 liters/day | 12 cups/day |

Source: Adapted from the Institute of Medicine 2004, "Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate. <http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>

Recommended Water Intake
Water and fluid intake guidelines vary by age, gender, physical activity and the temperature (climate). Although 20 percent of fluid intake may come from fluid-rich foods, such as fruits, vegetables and dairy products, the majority (~80 percent) of water intake should come from drinks. Choose non-caloric, sugar-free and sodium-free beverages, such as LaCroix®, that support overall health and limit beverages that contain sugar, additives, caffeine and artificial ingredients.



WATER IS ESSENTIAL FOR LIFE AND GOOD HEALTH.

Water comprises more than 60 percent of our body weight and plays an important role in maintaining such healthy bodily functions as:

- Regulating body temperature
- Impacting cognitive functions (memory, concentration) and mood
- Transporting nutrients throughout the body and removes waste from the body
- Lubricating joints and maintain skin health

HYDRATION CHECK

To maintain optimal hydration, it's important to match water intake with our body's requirements (see recommended intake). Warmer temperatures, climate, exercise and age impact hydration status. Although thirst can be an indicator of dehydration, it is not the best or most reliable tool to evaluate hydration status.

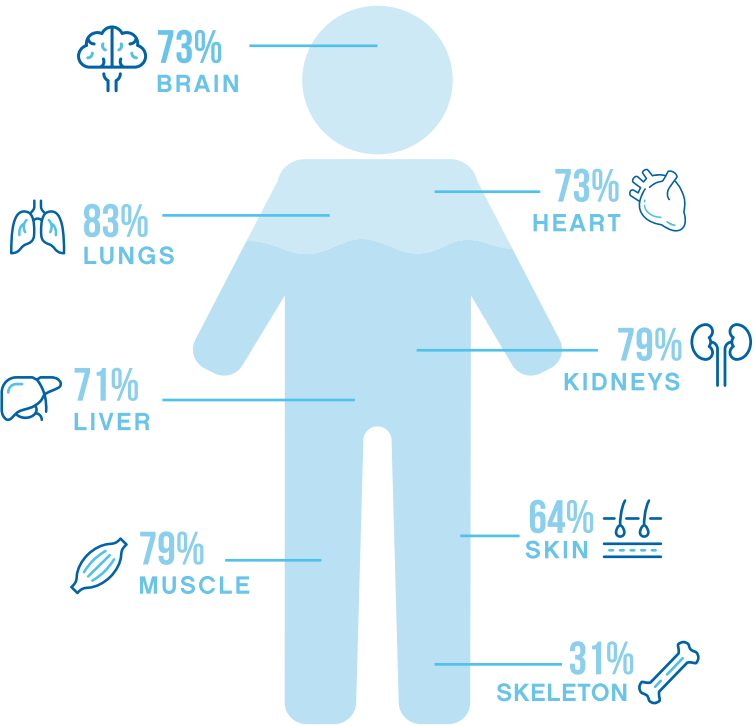
Mild dehydration can occur when we lose one percent of our body weight and may include any of the symptoms below:

- INCREASED THIRST
- HEADACHE
- CONSTIPATION
- DRY MOUTH
- DRY SKIN, WRINKLES
- SUDDEN WEIGHT LOSS
- SLEEPINESS
- MUSCLE FATIGUE
- MENTAL PERFORMANCE

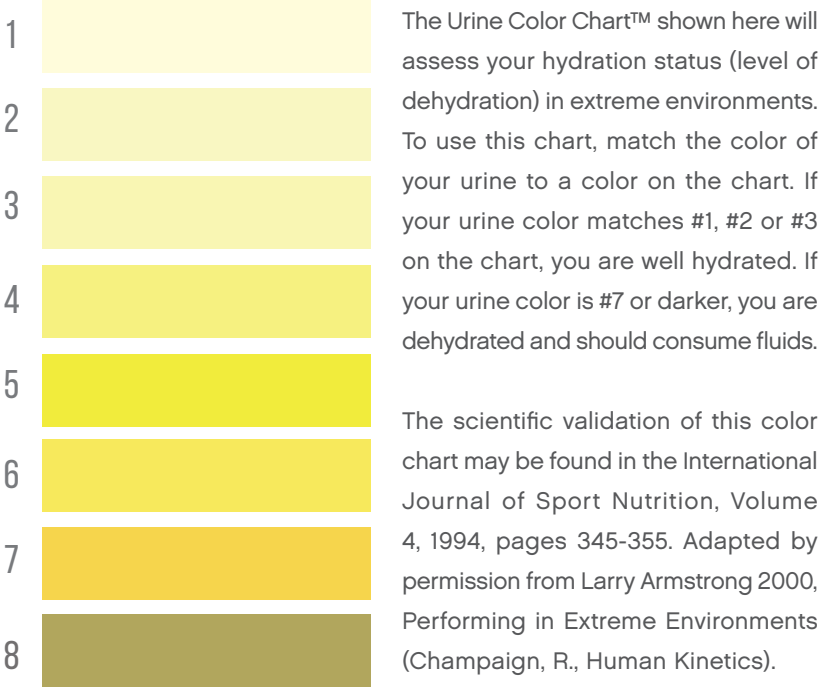
The Urine Color Chart™ developed by Lawrence E. Armstrong is another tool that can be used to gauge hydration status, however, urine color can be influenced by the content of the diet (i.e. eating beets) and/or medical treatments.

For more information about Professor Armstrong and the Urine Color Chart visit: <http://www.hydrationcheck.com>

WATER IN HUMAN ORGANS



Source: Mitchell, H.H. et al. 1945. The chemical composition of the adult human body and its bearing on the biochemistry of growth. The Journal of Biological Chemistry. 158: 625-637)





3 STEPS TO A SUCCESSFUL “Discover LaCroix®” Event

Hosting a successful LaCroix® experience session involves planning and preparation. A successful consultation will get your audience excited to try LaCroix® Sparkling Water and increase their knowledge of this healthy-for-you beverage choice. Sampling LaCroix® Sparkling Water is a fun and engaging way to educate about the benefits of proper hydration. This toolkit includes a variety of educational activities related to hydration, weight management and nutrition (food label reading). LaCroix® Sparkling Water is available in 21 delicious flavors and has 0-Calories, 0-Sweeteners, 0-Sodium = Innocent!

SAMPLING CHECKLIST

- ✓ Name tag(s)
- ✓ Table
- ✓ Tablecloth
- ✓ Do not use cups, always offer full cans and straws
- ✓ Napkins
- ✓ Waste Disposal Bin/Recycling
- ✓ Trash Bags
- ✓ LaCroix® Sparkling Water (choose 2-3 flavors)
- ✓ LaCroix® Product Information & FAQ
- ✓ LaCroix® Coupons
- ✓ Nutrition Education Activity & Materials
- ✓ Ice
- ✓ Consumer Feedback – Taste Test Survey

1 Make Learning Fun! There are many fun and educational health-themed sampling strategies and activities including in this LaCroix® Better Beverage Toolkit to engage audiences of all ages in making the healthy choice to drink LaCroix® Sparkling Water.

Making the successful transition from sugar-sweetened beverages such as soda, lemonade and iced tea to a healthier, 0 calorie alternative is best achieved through sampling and education. Setting up a “Discover LaCroix®” experience is a simple, easy and fun way to get started. Make sure your LaCroix® is ice cold, and offer at least two or three LaCroix® Sparkling Water flavors from the core and the Cúrate® lines. Ask participants to guess the differences between the LaCroix® flavors or share some of the most interesting facts. See a few fun facts you can share below.

- The Cúrate® sparkling waters are dual-flavor—they always have two distinct flavors. It has a bolder flavor profile.
- Did you know Cúrate® means “cure yourself?”
- The flavors are a mixture of Spanish and French.
- All of the Cúrate® cans have hearts on them. Can you find the hearts on the can?
- What sea animal can you spot on all the cans? (*Answer: a shark*).

Remember to always use full cans; do not pour LaCroix® into cups. Reinforce the goals of your sampling activity – sparkling water is a healthy-for-you beverage choice! To make the transition for die-hard fans of colas (regular or diet) and other sugar-sweetened drinks, introduce them to a products with bolder flavors like NiCola (LaCola), LaCroix® Key Lime, Cúrate® Kiwi Sandía or Cúrate® Cerise Limón.

2 Be Prepared – Engage Your Audience
Be polite and invite participation by greeting people. A smile can go a long way! Invite participants to join you at your sampling booth with quick facts, health tips and more. Review product details and

LaCroix® Sparkling Water – Nutrition Frequently Asked Questions (FAQ) (<http://www.LaCroixwater.com/nutritional-faqs/>) and be prepared to answer questions. If there is a question that you do not know the answer, please refer them to the LaCroix® website where there is more information and contact information.

These are some “teaser” questions and comments about health, hydration and lower-sugar beverage choices to get your audience interested in stepping up to your sampling booth:

- Did you know that 60% of your body is made of water?”
- Did you know that swapping one can of LaCroix® Sparkling Water for a sugary beverage can save you up to 10 teaspoons of sugar each day? That can add up to more than 10-lbs per year?
- Review the contents of the LaCroix® Better Beverage Toolkit to create your own list of facts about hydration and LaCroix® Sparkling Water as a healthy beverage choice to engage your specific audience.

3 Be Polite. There are a million reasons why someone may not want to try a sample or get engaged in a conversation at your booth. Cheerfully accept refusals and people ignoring you. Making behavior changes is a personal choice and there's no greater influence on one's health than a decision to take action. Although you can provide a wealth of great information, you cannot force anyone to change. Be sensitive to dietary restrictions and empower participants to learn more about the benefits of hydration and making healthier beverage choices. Knowledge is power!

ESTIMATE TOTAL CANS OF LACROIX® SPARKLING WATER

Needed for Sampling Event
1 can (12 oz) = 1 sample (12 oz each)

$$\begin{array}{l} \text{Estimated} \\ \text{Number of} \\ \text{Participants} \end{array} \times \begin{array}{l} \text{Number of} \\ \text{Flavors You} \\ \text{Choose} \end{array} = \begin{array}{l} \text{Number of} \\ \text{Cans Needed} \end{array}$$

HYDRATION & Your Health

Brain Health

The human brain is made up of 73 percent water, and therefore fluid status can dramatically impact cognitive functioning, such as memory, attention and concentration, and impact a person's mood. Dehydration is also a risk factor for delirium presenting as dementia in the elderly as thirst sensation decreases with age. Adequate hydration can also help minimize the occurrence of headaches.

Weight Management

Research evidence shows that excessive and regular intake of sugar-sweetened beverages increases energy (calorie) intake that can lead to increased body weight and obesity, as compared to drinking water. Choosing non-caloric drinks, like LaCroix® Sparkling Water, can promote better hydration leading to a healthier lifestyle. Maintaining optimal water intake can help manage hunger and suppress appetite.

Diabetes

There is growing evidence that suggests that excessive consumption of sugar-sweetened beverages increases the risk of type two diabetes.

Digestive Health

Optimal fluid water intake impacts digestion and gastrointestinal functioning by aiding in the transport of food and nutrients and helps to remove waste products from the body. Inadequate fluid intake can lead to constipation and stomach acid.

Heart and Blood Pressure

Blood volume is regulated by matching water intake and output. In the absence of adequate fluid intake, blood pressure may increase as blood vessels constrict to pump a lower volume of blood throughout the body. Water intake can impact heart rate and blood pressure within 15-20 minutes of fluid intake.

Kidney Function

Kidneys play an important role in removing waste from the human body. Although kidney function is regulated hormonally, it's important to maintain optimal fluid intake so that the kidneys can increase or decrease urine output to maintain proper health and bodily functions.

Skin

The skin is 64 percent water and plays an important role in protecting the body from water loss. Through proper hydration, the body can maintain the skin's elasticity and help individuals avoid skin dryness. Although sun exposure, genetics and environmental damage play the biggest role in the development of wrinkles and signs of aging, proper hydration can help improve the functioning of the skin as a barrier.

Pregnancy

Fluid water intake recommendations increase at least one-to-two glasses of water extra per day during pregnancy. The Institute of Medicine recommends that pregnant women drink about 10 eight-ounce cups of water or other beverages each day to meet increased fluid needs. Water helps to form the placenta and amniotic sac and supports healthy development of the fetus. Even though you may be prone to retaining water during pregnancy, don't be afraid to drink. If swelling is excessive, it's important to contact your medical caregiver, as this can be a sign of preeclampsia, an uncommon condition that creates high blood pressure and can cause tissue damage. In addition, adequate fluid intake can help prevent constipation, hemorrhoids and urinary tract infections that may occur during pregnancy.

BOTTOMS UP: Hydration Checklist

- ✓ Start each day with a large glass of water before you have breakfast or drink your morning cup of coffee.
- ✓ Stock your fridge and cooler at work or school with your favorite variety of LaCroix® flavors.
- ✓ Set an alarm for frequent reminders to drink up!
- ✓ Create a drink schedule to establish a healthy hydration routine each day.
- ✓ Keep a fluid intake journal to track intake to make sure that you're drinking enough.
- ✓ Add variety to your hydration routine by adding a slice of lemon, lime or orange to your favorite sparkling drink.
- ✓ Eating fruit and vegetables can also be a source of edible hydration.
- ✓ Don't forget to grab a refreshing LaCroix® Sparkling Water every time you get in the car or commute to or from work/school.

SUGAR BUSTERS:

Why You Should Choose 0-Sugar Beverage like LaCroix®?

The Health Risks of Too Much Sugar

According to the Centers for Disease Control, Americans are eating and drinking too much added sugar, which can lead to health problems such as weight gain and obesity, type two diabetes, some cancers and heart disease. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients. Added sugars in sugar-sweetened beverages are a major contributor of calories and added sugar in the U.S. diet.

What are added sugars?

Added sugars include all sugars used as ingredients in processed and prepared foods and beverages. Naturally occurring sugars such as those in fruit or milk are not added sugars.

What to look for on the food label and ingredient lists:

To find added sugars, it's important to look at the ingredients listed on the food label. *Ingredients are listed by weight (highest to lowest).

The following are common sweeteners added to food and beverages:

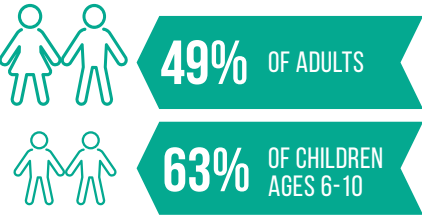
- Sugar (white or brown), cane sugar, raw sugar
- Corn sweeteners (corn syrup, high fructose corn syrup)
- Honey, Molasses
- Fruit juice concentrate
- Malt syrup, pancake/maple syrup
- Sugar molecules ending in –ose (sucrose, dextrose, fructose, glucose, lactose, maltose)

Food Labeling Update: In May 2016, the Food and Drug Administration announced that food manufacturers will be required to list a separate line showing “added sugars,” in grams and as a percent of Daily Value, on food labels by July 2018.

References:
1. U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Centers for Disease Control and Prevention. NCHS Data Brief #122: Consumption of Added Sugars Among U.S. Adults, 2005–2010. <https://www.cdc.gov/nchs/data/databriefs/db122.pdf>. Published May 2013.
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#figure-1-3>. Published December 2015.
3. U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Centers for Disease Control and Prevention. NCHS Data Brief #270: Sugar-sweetened Beverage Consumption Among U.S. Adults, 2011–2014. <https://www.cdc.gov/nchs/data/databriefs/db270.pdf>. Published January 2017.
4. Park S, Xu F, Town M, Blanck HM. Prevalence of Sugar-Sweetened Beverage Intake Among Adults — 23 States and the District of Columbia, 2013. MMWR Morb Mortal Wkly Rep 2016;65:169–174. DOI: <http://dx.doi.org/10.15585/mmwr.mm6507a1>



WHO DRINKS SUGAR-SWEETENED BEVERAGES ON ANY GIVEN DAY?



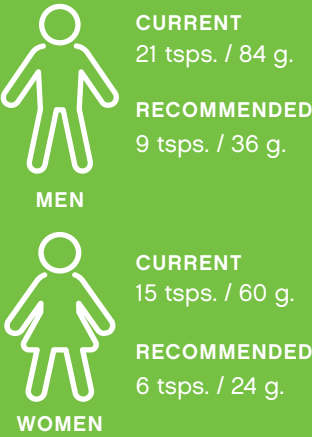
To calculate the amount of calories from sugar, multiply the total grams of sugar by 4 (there are 4 calories per 1 gram of sugar). For example, a product with 12 grams of sugar has 48 calories from sugar per serving.

1 TEASPOON EQUALS 4 GRAMS OF SUGAR

Sugar Intake Guidelines: Americans currently consume approximately 13 percent of their total calories from added sugar. (1) The U.S. Dietary Guidelines for Americans 2015-2020 recommend that individuals should limit their intake of added sugars to less than 10 percent of their total daily calories. (2) That is equivalent to 200 calories per day of added sugars in a typical 2,000 calorie diet. *The World Health Organization (WHO) and American Heart Association, recommend consuming 5 percent of total caloric intake and less than the current Dietary Guidelines.

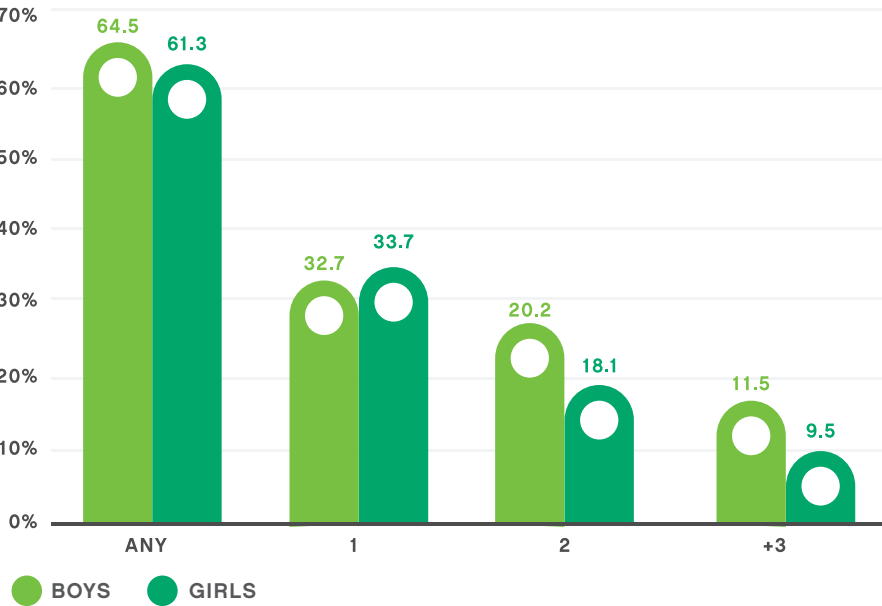
SUGAR INTAKE GUIDELINES

Source: The American Heart Association



ALMOST TWO-THIRDS OF U.S. YOUTH CONSUMED AT LEAST ONE SUGAR-SWEETENED BEVERAGE ON A GIVEN DAY.

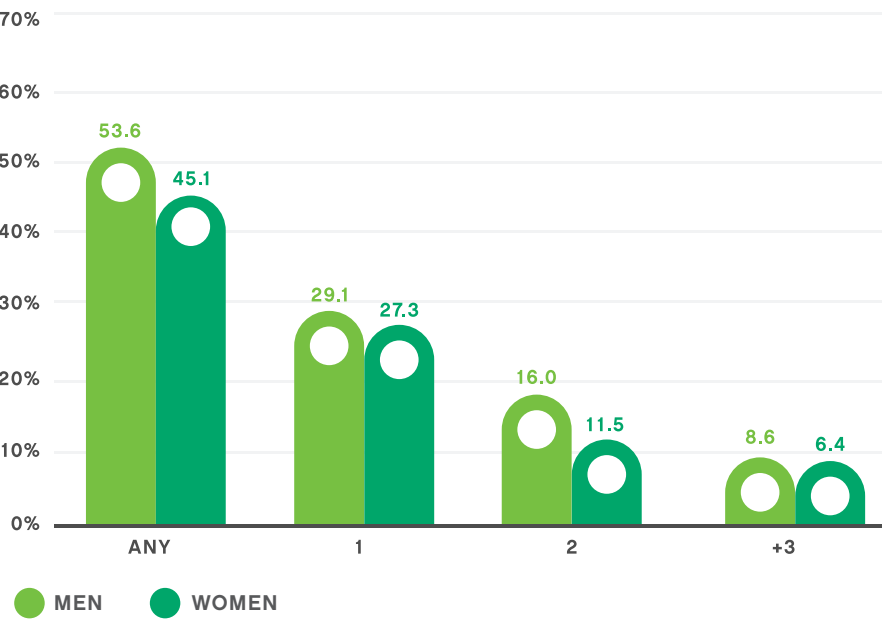
Figure 1. Percentage of youth aged 2-19 years who consumed sugar-sweetened beverages on a given day, by number of beverages and sex: United States, 2011-2014



Source: Significantly different from girls, p < 0.05.
NOTES: The percentage of U.S. youth who consumed one sugar-sweetened beverage or more on a given day was 62.9%. Access data table for Figure 1 at https://www.cdc.gov/nchs/data/databriefs/db271_table.pdf#1.
SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011-2014.

ABOUT ONE-HALF OF U.S. ADULTS CONSUMED AT LEAST ONE SUGAR-SWEETENED BEVERAGE ON A GIVEN DAY.

Figure 1. Percentage of adults aged 20 and over who consumed sugar-sweetened beverages on a given day, by number of beverages and sex: United States, 2011-2014



Source: Significantly different from women, p < 0.05.
NOTES: The percentage of U.S. adults who consumed one sugar-sweetened beverage or more on a given day was 49.3%. Access data table for Figure 1 at https://www.cdc.gov/nchs/data/databriefs/db270_table.pdf#1.
SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011-2014.



HYDRATION:

How Much Water do You Need Each Day?

A simple method for adults to estimate fluid needs is to use half an ounce (.5 ounce) of fluid water for every pound of body weight per day.

Body Weight in Pounds _____ **x .5 oz =** _____ **8 oz (per cup) =** _____ **Estimated Fluid Intake per day**

Example: If you weigh 150 lbs., simply multiply 150 by .5 to estimate your daily fluid needs in ounces, then divide by eight to estimate your fluid needs in cups per day, rounding up to the nearest full cup. [example: 150 x .5 = 75 ounces; 75 ounces divided by 8 = 9.4 cups of fluid per day]

The Dietary Reference Intake for Water: Recommended intakes for water are based on median intakes of generally healthy individuals who are adequately hydrated. All sources can contribute to total water needs: beverages (including tea, coffee, juices, sodas, and drinking water) and moisture found in foods. Moisture in food accounts for about 20 percent of total water intake. Daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding status.

CONSEQUENCES OF DEHYDRATION

- Thirst
- Headache
- Fatigue, weakness
- Decreased physical performance
- Decreased memory, attention, concentration
- Dry skin
- Changes in mood

ADULT FLUID RECOMMENDATIONS



MEN

LITER PER DAY (INCLUDES FOOD)
3.7 liters

OUNCES*
125 ounces



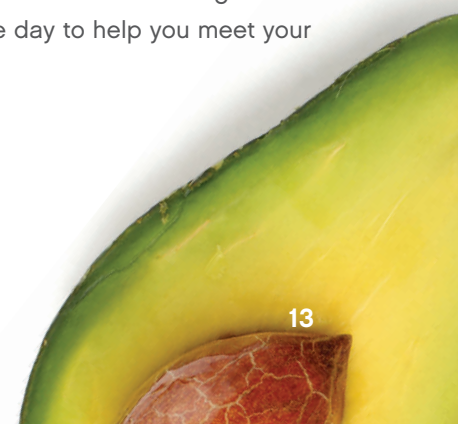
WOMEN

LITER PER DAY (INCLUDES FOOD)
2.7 liters

OUNCES*
91 ounces

*Conversion Factor = 33.8 ounces per liter

Food & Hydration: Some foods can also contribute to hydration intake due to high water content. In general, adults can achieve approximately 20% of their fluid intake from foods. Try sipping on a LaCroix® and snacking on one of these foods throughout the day to help you meet your hydration needs!





84% WATER

1 SMALL APPLE



91% WATER

1 CUP BROCCOLI



90% WATER

1 CUP MELON



94% WATER

1/2 CUP TOMATOES



93% WATER

1 CUP LETTUCE

5

TIPS TO GET YOU TO SIP

- Every time you lose water, you need water! Example: Every trip to the bathroom should be a reminder to drink another glass of water
- Meal time is Drink time! Try to drink 24-ounces of water (2 cans of LaCroix® Sparkling Water) at every meal
- Set an alarm on your phone to go off every hour or two, if you haven't drunk at least eight-ounces in that time; start sipping!
- Keep track of how much you drink throughout the day; use lunch as your midway point to check-in with your sipping goals. Are you falling behind? Better get sipping!
- Some like it cold. Try enjoying LaCroix® chilled or at room temperature; finding out the most enjoyable way to drink your hydrating beverages.

Visual Hydration Activity/Contest Idea: In a large, clear container, place 70 marbles to represent ounces of water recommended for the average adult. Encourage participants to guess how many marbles there are in the container that represent the total number of ounces of water needed daily for the average person.

*This is a great display for a health fair contest or to increase interest in the topic of hydration.

HYDRATION & DIABETES

A large portion (nearly half!) of daily hydration must come from the fluids we drink! But not all drinks are created equal. Some beverage choices may actually contribute to dehydration, such as drinks that contain caffeine and sugar. Health professionals recommend that you choose water as your primary source of hydration. LaCroix® Sparkling Water is 0-calorie, 0-sweetener, 0-sodium = Innocent!



HOW DOES DIABETES EFFECT THE BODY?

Short-Term Effects of Diabetes on the Body

Increased thirst: If you're diabetic or pre-diabetic and your blood sugar is higher than normal for a prolonged period of time, the kidneys will attempt to remove glucose from the blood and increase urine output. If you're not properly hydrated, your body will send signals, such as thirst and dry mouth, as a warning to drink more. Staying hydrated helps to maintain blood volume, making it less stressful on the kidneys and other organs.

Frequent need to urinate: Going to the bathroom often could mean that your kidneys are working overtime (due to elevated blood sugar levels), so be sure to drink if you notice that you're hitting the bathroom more frequently. If you're unsure if you have pre-diabetes or diabetes and have a family history or notice warning signs – make an appointment with your healthcare provider to get checked out. A simple finger-stick check of your blood

sugar levels may not tell the entire story. It's important to discuss your symptoms and do a laboratory assessment to get a full picture.

Feeling very hungry- even though you are eating: Hunger can often be confused with thirst, so if you have eaten a balanced meal or hearty snack and still feel hungry a couple of hours later, drink a can of LaCroix® Sparkling Water first to adequately hydrate yourself.

Fatigue: Even the slightest amount of dehydration can cause signs of fatigue. If you're feeling sleepy, go for a hydrating beverage like LaCroix® as your first defense before overloading on caffeine.

Blurred vision: This can come from extreme hyperglycemia or high blood sugar that worsens due to dehydration. However, hypoglycemia, or low blood

sugar, can also cause vision blurriness. If you notice vision changes and you have diabetes, it's important to check your blood sugar and ensure that it's not too high for a prolonged period of time, as this can lead to permanent damage.

Tingling or pain in hand, feet and/or legs: Up to 50 percent of people with diabetes may experience nerve pain. Diabetic neuropathy, which can be caused by prolonged elevated blood glucose levels, can cause numbness or tingling in the toes, feet, fingers and hands.

Cuts and wounds that are slow to heal: Prolonged elevated and uncontrolled blood sugar that creates circulation problems can contribute to poor wound healing. Controlling blood sugar and staying adequately hydrated are important steps to maintaining overall health with diabetes.

The Importance of Hydration for Diabetics

Blood sugar highs and lows are common throughout the day. The body regulates blood sugar levels in one of two ways: either by releasing stored sugar back into our blood OR by reducing blood sugar levels by pushing sugar into the urine. **Water and optimal hydration are crucial to both of these processes. Drinking adequate fluids impacts the body's ability to do these basic functions.**

During dehydration, blood becomes more concentrated, allowing blood sugar levels to rise. As we return to a well hydrated state, blood volume increases and can prevent blood sugar levels from spiking.

Sodium Intake and Diabetes

Reducing sodium (salt) intake to less than 1,500-milligrams per day for people diagnosed with diabetes is also recommended by the U.S. Dietary Guidelines for Americans and the American Heart Association. Similar to sugar, Americans also consume too much salt in the diet.

For individuals with diabetes, consuming too much sodium increases the risk for high blood pressure. In most cases, beverages typically have much more sugar than sodium, however, when it comes to carbonated beverages, sodium can be a factor too. Some artificially carbonated drinks, such as club soda, have sodium salts and/or potassium salts added to create carbonation. Make sure to review the label. Many leading brands of club soda and seltzer waters have a range of 95-milligrams of sodium in 12-fluid ounces beverages to 50-milligrams in eight fluid ounces beverages. The good news is – LaCroix® Sparkling Water has 0-sodium!

Simple Hydration Tips for Diabetics (and Everyone!)

- Drink BEFORE you're thirsty—if you're thirsty, you may already be dehydrated!
- Carry water (sparkling or flat) with you at all times.
- Aim to have 24-ounces of water (like 2 cans of LaCroix®) at each meal to stay hydrated throughout the day!
- When you go to the bathroom, make sure your urine is clear or pale yellow. A dark yellow color can indicate dehydration and the need to drink more fluids.

**LONG-TERM
EFFECTS OF
UNCONTROLLED
DIABETES**

- Heart Attack
- Stroke
- Kidney Failure
- Blindness
- Lower Limb Amputation

Reference: <http://www.who.int/mediacentre/factsheets/fs312/en/>



HOW MANY GRAMS OF SUGAR CAN A DIABETIC HAVE PER DAY? In general, women should have no more than 24 grams of added sugar

a day, or four and a half teaspoons per day, and men should have no more than 36 grams of added sugar a day, or seven teaspoons of sugar per day. These recommendations are conservative as compared to the typical American's intake of sugar which was recently estimated to be just over 90 grams per day or the equivalent of 18 teaspoons per day! *As a guide: one teaspoon of sugar = ~four grams sugar.

**1 TEASPOON
OF SALT EQUALS
5.5 GRAMS
OF SODIUM**



1 gram = 1,000 milligrams



HUNGER, HYDRATION

and Healthy Weight Management

Taking steps to differentiate between hunger and thirst can play an important role in maintaining a healthy weight and a healthy lifestyle. Drinking 8-12 ounces of water, like LaCroix® Sparkling Water 30-minutes before a healthy, balanced meal can help with the feeling of fullness. Keeping water on-hand for a quick drink between meals and during meals can help improve overall hydration. A 2016 study, “Inadequate Hydration, BMI and Obesity Among US Adults: NHANES 2009-2012” published in the Annals of Family Medicine found that inadequate hydration was associated with higher BMI and obesity among adults aged 18-64 years. This study also highlighted the fact that obese individuals have higher water needs as compared to non-obese individuals.⁽¹⁾

It's no surprise water and hydration are vital for optimal health. Nearly every bodily system relies on fluids to function properly. Water is a major component of blood (92% water); it serves to transport nutrients to our cells and helps the kidneys and liver process and remove waste products; it maintains the delicate balance of electrolytes in our body; keeps the brain hydrated to maintain mental alertness; and helps to regulate body temperature and offer cushioning for vital organs.



QUICK TIPS TO MAINTAIN Hydration and Achieve a Healthy Weight:

- Keep a glass of water by your bedside so that you can drink a full glass upon waking up in the morning.
- Monitor the color of your urine to make sure that it is light yellow and clear – a typical sign of good hydration.
- Plan to stock cans of LaCroix® at your desk at work and in your car during commutes to and from work.
- Add LaCroix® to smoothies and other drinks to boost the hydrating benefits of all drinks!
- Set an alarm on your phone to remind you to drink up!
- Stock your fridge with high-water fruit snacks like watermelon, grapes, oranges and berries.
- Don't wait until you're thirsty to drink!

Refer to other tools and activities included in the LaCroix® Better Beverage Toolkit associated with these materials:
Prescription for Health: Hydration
Sugar Busters! Do the LaCroix® Swap for a Healthy Weight

References:
1. Chang T, Ravi N, Plegue MA, Sonnevile KR, Davis MM. Inadequate Hydration, BMI, and Obesity Among US Adults: NHANES 2009-2012. Ann Fam Med. 2016;14:320-324.
2. Malik VS, Popkin BM, Bray GA, Despres JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. Diabetes Care. 2010;33:2477-83.
3. de Koning L, Malik VS, Kellogg MD, Rimm EB, Willett WC, Hu FB. Sweetened beverage consumption, incident coronary heart disease, and biomarkers of risk in men. Circulation. 2012;125:1735-41, S1.

DID YOU KNOW?

LaCroix® has 0-sodium. Sodium plays a critical role in the body by helping to maintain optimal fluid balance. Too much sodium can cause your body to retain water that can contribute to weight gain.

STAY HEALTHY, STICK TO WATER
A 2010 study by Malik et al. published in Diabetes Care, found that people who consume sugary drinks regularly—one-to-two cans a day or more—have a **26 percent greater risk** of developing type two diabetes than people who rarely have such drinks.⁽²⁾

A 2012 study published in Circulation, found that men who consumed one can of a sugar-sweetened beverage per day had a **20 percent higher risk of having a heart attack** or dying from a heart attack than men who rarely consumed sugary drinks.⁽³⁾

Staying hydrated throughout the day can help to maintain a healthy weight.

- It's easy to mistake dehydration for hunger as both send similar signals to your brain.
- The symptoms are similar for both hunger and thirst: feeling weak, headaches, dizziness, confusion
- Beverages like LaCroix® Sparkling Water contribute to hydration and satiety.
- Staying well hydrated can help to improve and maintain proper digestion, metabolism and bodily functions.

SUGAR POP QUIZ: HOW MUCH SUGAR IS IN YOUR DRINK?

Guess how many teaspoons of sugar are in each of these...

1 SUGAR CUBE =
1 TSP SUGAR

1. Soda (12 fl oz)



- a) 9 tsp.
- b) 17 tsp.
- c) 26 tsp.
- c) 11.5 tsp.

2. Fruit-Flavored Drink (16 fl oz)



- a) 7 tsp.
- b) 25 tsp.
- c) 2.7 tsp.
- c) 18 tsp.

3. Sweetened Tea (16 fl oz)



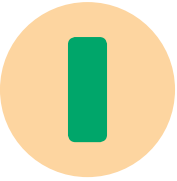
- a) 7 tsp.
- b) 2.5 tsp.
- c) 9 tsp.
- c) 18 tsp.

4. LaCroix® (12 fl oz)



- a) 10 tsp.
- b) 0 tsp.
- c) 3.5 tsp.
- c) 14 tsp.

5. Energy Drink (8.4 fl oz)



- a) 11 tsp.
- b) 6.75 tsp.
- c) 20 tsp.
- c) 18.5 tsp.

6. Sports Drink (20 fl oz)



- a) 8.5 tsp.
- b) 15 tsp.
- c) 20 tsp.
- c) 4 tsp.

For more information join the LaCroix® community on Social Media at @LaCroixwater or check us out at www.LaCroixWater.com.

SUGAR POP QUIZ ANSWERS

ANSWER 1



B 20 FL . OZ. SODA HAS
6 GRAMS OF SUGAR,
WHICH IS OVER
17 TEASPOONS



Would you eat that? Of course not!
Why would you drink it?

LET'S DO THE MATH:

Find the “Sugar” listing on
the Nutritional Facts
label that appears on your
drink container.

 ÷ 4 = 

Grams of Sugar Teaspoon of Sugar



**SWITCH FROM SUGARY
DRINKS TO WATER,**
it's way better for you!
Want the bubbles like soda?
Try LaCroix® Sparkling Water!

ANSWERS FOR 2-6

| DRINK | ANSWERS | SUGAR in grams | TEASPOONS of sugar |
|------------------------------------|----------|-------------------|-----------------------|
| 2. Fruit-Flavored Drink (16 fl oz) | a | 28g | 7 |
| 3. Sweetened Tea (16 fl oz) | c | 36g | 9 |
| 4. LaCroix® (12 fl oz) | b | 0g | 0 |
| 5. Energy Drink (8.4 fl oz) | b | 27g | 6.75 |
| 6. Sports Drink (20 fl oz) | a | 34g | 8.5 |

Note: all calculations are based on typical drinks purchased at a local store

BECOME A SUGAR SPY!

4 Food Label Focus Points

In 2016, the U.S. Food & Drug Administration (FDA) announced they were requiring a new Nutrition Facts label for packaged foods. This new label reflects new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. Learn how to read this new label so that you can make well-informed food and beverage choices.

SUGARS

The new Nutrition Facts Label requires Food Manufacturers to list Total Sugars and Added Sugar. Added sugars will be listed in grams and as a percentage of Daily Value. Look at the label below Total Carbohydrate to find the total grams of sugar listed on the Nutrition Facts Label. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar, according to The 2015-2020 Dietary Guidelines for Americans. ⁽¹⁾

SERVING SIZE

Serving sizes are standardized and are listed in familiar units of measure, such as ounces or cups which make it easy to compare similar beverages (or foods). Nutrition facts listed on the label are listed per serving, so it's important to review the label first to make an informed decision, about what, and how much you're going to drink or eat.

SERVINGS PER CONTAINER

Nutrition facts listed on the package are per serving, so if you intend on consuming an entire container/package/unit, then it's important to know how many servings it contains. For example, a larger container or bottle may contain more than one serving. If you don't look at the total number of servings listed on the container, you may not realize that you're actually consuming more than you think! For beverages, the calories and sugar can add up quickly, so make sure to review labels. If you're drinking LaCroix® Sparkling Water, there's no need to worry – there's 0-calories, 0-sweetener, 0-sodium, no caffeine - nothing artificial included!

INGREDIENTS

Ingredients are listed in descending order of weight (from most to least). Review the ingredients listed on food labels carefully as sugar can be disguised as it can be listed under many different forms. Some common synonyms for sugar and sweeteners include corn syrup, high fructose corn syrup, honey, molasses, fruit juice concentrate, malt syrup, syrup, dextrose, fructose, sucrose, glucose, lactose, maltose.

WHAT'S DIFFERENT: Example: Ice Tea Label

| Nutrition Facts | |
|--|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mcg | 20% |
| Iron 8mcg | 45% |
| Potassium 235mcg | 6% |
| <small>* 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.</small> | |

- SERVINGS:**
Larger, bolder type
- CALORIES:**
Larger type
- DAILY VALUE:**
Sizes updated
Values updated
- NEW:**
Added sugars
- NUTRIENTS:**
Change in
nutrients required
- NEW:**
Footnote

References:
1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>
Published December 2015.



ACTIVITY: SWITCH TO LACROIX® for a Better Lifestyle

Challenge yourself to switch one sweetened beverage with a healthier alternative every day! Replacing sugar beverages that are a source of “empty” extra calories with non-caloric beverages may be a simple strategy for promoting weight loss, according to a 2012 study published in the American Journal of Clinical Nutrition. If your goal is simply to improve healthy habits (and not focus on weight), reducing sugar intake from beverages is a great place to start.

Review the Nutrition Facts Label on your beverage to complete this activity. Discover how many teaspoons of sugar you’re consuming per day and how many calories that can be saved to estimate the amount of body weight that can be lost by making the LaCroix® Sparkling Swap!

1. Identify a sweetened beverage that you want to replace with your favorite LaCroix® Sparkling Water flavor:

Beverage to Replace

Favorite LaCroix® Sparkling Water Flavor

2. Calculate the number of TEASPOONS of sugar in your beverage choice(s).
***There are 4 grams of sugar per teaspoon.**

SWEETENED ICE TEA
WITH LEMON

67.2g sugar per bottle
÷
4g sugar per tsp
=
16.8 tps of TOTAL sugar

3. Total teaspoons of sugar ____ x 7 days
= ____ TOTAL TEASPOONS SUGAR PER WEEK

Example: 16.8 teaspoons x 7 days per week = 117.6 teaspoons per week of sugar

4. Calculate the number of CALORIES from added sugars consumed per week from sugar-sweetened beverage(s). ***There are 16 calories in 1 teaspoon of sugar.**

Total (tsp) of sugar per week _____

x 16 = _____ Total Calories per Week.

Example: 117.6 teaspoons x 16 calories per teaspoon = 1,882 calories per week from Sweetened Iced Tea with Lemon.

5. Calculate the number of calories consumed from this sugar-sweetened beverage per year:

Multiply the TOTAL teaspoons per week _____ x 52 weeks = _____ Total Calories per tear

Example: 1,882 calories per week x 52 weeks (in a year) = 97,864 calories consumed in a year

6. There are approximately 3,500 calories in a pound of body fat. To estimate the amount of calories equivalent to a pound that can be saved by eliminating this sugar-sweetened beverage:

Divide the TOTAL calories per year by 3,500 calories per pound = _____

TOTAL POUNDS PER YEAR

Example: 97,864 ÷ 3,500 = 27.9 OR the equivalent of 28 POUNDS PER YEAR!

| EXAMPLE: | |
|---|---|
| Sugar-Sweetened Beverage Choice to Swap with LaCroix® Sparkling Water | Sugar-Sweetened Iced Tea with Lemon 23 ounces |
| How many fluid ounces in one container? | 8 ounces |
| What is the Serving Size Listed on the can/container? | 2.8 servings |
| How many grams of sugar per serving? | 24 grams |
| TOTAL SUGAR per container | 67.2 GRAMS per bottle grams per serving x the total number of servings |



LACROIX® SPARKLING WATER

Comparison Chart

| ALL DRINKS HAVE BEEN CALCULATED FOR 12 FL OZ. | SUGAR (GRAMS) | TEASPOONS OF SUGAR 4 GRAMS/TSP | TEASPOONS PER WEEK | CUPS OF SUGAR 48 TSP = 1 CUP |
|---|---------------|-----------------------------------|--------------------|---------------------------------|
| LaCroix® Sparkling Water (12 oz) | 0 | 0 | 0 | 0 |
| Fruit Smoothie Drink (12 oz) *15.2 oz typical size | 48 | 12 | 84 | 1.8 |
| Lemonade (12 oz) | 42 | 11 | 77 | 1.6 |
| Cola (12 oz) | 39 | 10 | 70 | 1.5 |
| Bottled Flavored Coffee Drink (12 oz) *9.5 - 13.7 oz typical size(s) | 39 | 10 | 70 | 1.5 |
| Energy Drink (12 oz) | 37 | 9 | 63 | 1.3 |
| Cold Pressed Juice (12 oz) | 31 | 8 | 56 | 1.2 |
| Enhanced Vitamin Water Drink | 26 | 7 | 49 | 1 |
| Bottled Ready-to-Drink Sweetened Iced Tea (12 oz) | 26 | 7 | 49 | 1 |
| Sports Drink (12 oz) | 20 | 5 | 35 | .75 |

*Sugar consumed in one year assumes that person consumes one 12-oz beverage per day for 365 days.

- 1 gram of sugar = 4 calories
- 1 teaspoon of sugar = 16 calories
- 1 pound = 3,500 calories

Referenes:
1. Hedrick, VE.; Davy, B.M.; Myers, E.A.; You, W.; Zoellner, J.M. Changes in the Healthy Beverage Index in Response to an Intervention Targeting a Reduction in Sugar-Sweetened Beverage Consumption as Compared to an Intervention Targeting Improvements in Physical Activity: Results from the Talking Health Trial. *Nutrients* 2015, 7, 10168-10178. <http://www.mdpi.com/2072-6643/7/12/5525>
2. Healthy Beverage Guidelines. Harvard University Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/healthy-drinks-full-story/>. Accessed December 2017.

QUIZ: TEST YOUR SPARKLING SMARTS

TRUE / FALSE

1. Water makes up 25 percent of our body's weight.
2. Thirst is the best guide for knowing when to drink more fluids.
3. LaCroix® has 0-Calories, 0-Sweeteners, 0-Sodium = Innocent!
4. The color of your urine is a good sign of whether we are getting enough to drink.
5. Vegetables and fruit can provide a source of hydration in addition to drinking water and other fluids. Can you identify a vegetable or fruit that is high in water?
6. What (body parts, organs) do you think contain the most water? Can you rank them (highest to lowest)? (For example, blood is composed of 92 percent water).
 - Skin
 - Bones
 - Brain
 - Lungs
 - Kidneys
7. What major functions does water impact in the human body? (For example, water helps the kidneys clear waste products from the body).
 - You perspire (sweat) to help with this body function
 - Fat (adipose tissue) is also useful for this body function
 - Prior to a colonoscopy, you're required to drink a large quantity of fluid!
 - By engaging in strength training, you can also boost this function in your body.
8. How many sparkling flavors of LaCroix® are available? Can you name five flavors?
9. LaCroix® Sparkling Water is “innocent of” many ingredients that may be of concern. Can you tell us at least two things that LaCroix® is “innocent of”?
10. Can you drink LaCroix® in place of plain water to stay hydrated?



1. FALSE. Water Makes up 60-70 percent of our body's weight

2. FALSE. Generally, it is not a good idea to rely on thirst as the best indicator of when to drink. It's important to drink throughout the day to stay hydrated.

3. TRUE!

4. TRUE!

5. TRUE! Eating fruits and vegetables can contribute up to 20 percent of fluid needs each day. Watermelon, grapes, oranges, apples, cucumbers, bell peppers, lettuce, tomatoes.

6. Can you identify where (body parts, organs) water is found in the human body? Do you know what percentage of water makes up these parts of the body? (For example, blood is composed of 92 percent water).

1. Lungs- 83 percent water

2. Kidneys- 79 percent water

3. Brain- 73 percent water

4. Skin- 64 percent water

5. Bones- 31 percent water

7. What major functions does water impact in the human body?

- Body temperature regulation
- Cushions and protects vital organs (acts as a shock absorber)
- Aids the digestive system (moves food and drinks smoothly through the body)
- Helps to maintain an optimal metabolic rate (metabolism)

8. There are 21 flavors of LaCroix® including NiCola (LaCola) and Cûrate flavors. Flavors: Pure, Lemon, Lime, Orange, Berry, Pamplemousse (Grapefruit), Coconut, Peach-Pear, Cran-Raspberry, Mango, Passionfruit, Apricot, Mango, Tangerine, Key Lime, Mûre Pepino, Melon Pomelo, Kiwi Sandia, Piña Fraîse, Cerise Limón, Pomme Bayâ, NiCola.

9. LaCroix® is INNOCENT of these ingredients:

- Sugar
- Sodium
- Artificial sweeteners & colors
- Caffeine
- Gluten
- Soy
- GMOs

10. Yes!

ANSWERS:

7-DAY 7-CAN SPARKLING CHALLENGE

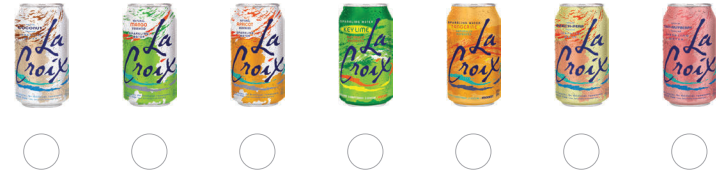
DAY 1

1 CAN OF
LaCroix® =
12 OUNCES



GOAL PROGRESS
NUMBER OF
CANS PER DAY

DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



HOST A MOCKTAIL HOUR

To Kick Off Your 7-Day-7-Can Sparkling Challenge

Sampling LaCroix® Sparkling Water is a great way to introduce your clients, customers or students to a healthy beverage alternative. During this happy hour of healthy beverages, share important facts about hydration and engage your audience with one of our activities to identify sugar in beverages consumed or our “sparkling smarts.” Although we believe that LaCroix® Sparkling Water tastes great straight out of the can, don't be afraid to get creative in demonstrating fun and delicious ideas to expand the use of LaCroix® Sparkling Water.

Superfood Combinations

Use LaCroix® Sparkling Water as a fun hydration choice to boost the intake of fruits and vegetables. According to the Centers for Disease Control and Prevention, only 1 in 10 American adults meet the federal fruit and vegetable recommendations. ⁽¹⁾ The Dietary Guidelines recommend that Americans eat more fruits and vegetables as part of a healthy diet to maintain health and prevent chronic diseases.

COLD-PRESSED VEGETABLE SPRITZERS

Lime LaCroix®

- + carrot juice
- + kale juice
- + orange juice splash
- + beet juice

Peach-Pear LaCroix®

- + celery
- + cucumber
- + green apple

DETOX FIZZ

Mûre Pepino LaCroix®

- + fresh cucumber slices
- + fresh pomegranate

Lemon LaCroix®

- + tomato juice
- + celery stalk

FIZZY METABOLIZER

Berry LaCroix®

- + green tea (chilled)
- + lemon slices

CALMING BUBBLES

Coconut LaCroix®

- + 100% organic honey
- + lemon slices

FIZZ GLOW BLEND

Passionfruit LaCroix®

- + fresh pineapple
- + mint

SUPER CITRUS IMMUNITY BOOSTER

Pamplemousse LaCroix®

- + pomegranate

POST-WORKOUT PROTEIN FIZZLER

KeyLime LaCroix®

- + vanilla protein powder

References:

1. Only 1 in 10 Adults Get Enough Fruits or Vegetables. Centers for Disease Control and Prevention. <https://www.cdc.gov/media/releases/2017/p1116-fruit-vegetable-consumption.html>. November 16, 2017.

LaCroix® MIMOSA MOCKTAIL



LaCroix® Cúrate® BLACKBERRY LEMON FIZZ MOCKTAIL



LaCroix® Cúrate® "SANS" GRIA MOCKTAIL



LaCroix® PASSION-FAUX DAQUIRI MOCKTAIL



LaCroix® Cúrate® BLACKBERRY LEMON FIZZ MOCKTAIL

INGREDIENTS



1/2 CUP
BLACKBERRIES



CUCUMBER



1 TABLESPOON
LEMON JUICE



1 MURÉ PEPINO
LACROIX®
CÚRATE®



1 TEASPOON
HONEY

INSTRUCTIONS

Muddle the blackberries, lemon juice and honey in the bottom of a glass. Add ice and top with LaCroix® Cúrate® Muré Pepino. Garnish with blackberries and cucumber.

LaCroix® MIMOSA MOCKTAIL

INGREDIENTS



2 OZ. ORANGE JUICE
FRESH-SQUEEZED



ORANGE



1 OZ. GRAPEFRUIT JUICE
FRESH-SQUEEZED



1 ORANGE
LACROIX®

INSTRUCTIONS

Mix ingredients and serve in a champagne flute. Serve with an orange garnish.

LaCroix® PASSION-FAUX DAQUIRI MOCKTAIL

INGREDIENTS



1 PASSIONFRUIT



MINT LEAVES



1 LIME



1 PASSIONFRUIT
LACROIX®



1 CUP
CRUSHED ICE

INSTRUCTIONS

Scoop out the passionfruit flesh and add to a shaker with the lime juice and Passionfruit LaCroix® Sparkling Water. Shake for 10 seconds. Strain into a chilled glass with ice. Garnish with mint leaves.

LaCroix® Cúrate® "SANS" GRIA MOCKTAIL

INGREDIENTS



4 STRAWBERRIES



1 PEACH
CUBED



1 GREEN APPLE
HULLED & SLICED



1/2 LEMON



1 RED APPLE
CUBED



1 PIÑA FRAISE
LACROIX®
CÚRATE®

INSTRUCTIONS

Combine the strawberries in a glass with the freshly squeezed juice of the lemon. Lightly muddle. Add desired amount of the remaining fruit. Combine with ice and top with LaCroix®.