LEMONY ICE WATER

Yield: approximately 8 cups

Ingredients:
1 pitcher (2 quarts) ice water
½ lemon OR lime

Directions:
1. FILL pitcher with ice water and lots of ice cubes.
2. SQUEEZE lemon OR lime into pitcher. STIR.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0 %</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0 %  
Vitamin C 2 %
Calcium 0 %  
Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000  
Calories: 2,500
Total Fat: Less than 65g  
Total Fat: Less than 80g
Saturated Fat: Less than 20g  
Saturated Fat: Less than 23g
Cholesterol: Less than 300mg  
Cholesterol: Less than 340mg
Sodium: Less than 2,400mg  
Sodium: Less than 2,400mg
Total Carbohydrate: 300g  
Total Carbohydrate: 370g
Dietary Fiber: 25g  
Dietary Fiber: 30g

Calories per gram: Fat 9  
Calories per gram: Carbohydrate 4  
Calories per gram: Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.