# Power Punches

Is water infused with fruits, veggies or herbs healthier?

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Water packed with pieces of fruit and sprigs of herbs certainly creates a pretty picture. But does drinking water infused with these healthy—and aesthetically pleasing— additions really benefit our health?

The short answer is no, according to culinary experts. But those slices of cucumber, oranges, lemon or strawberries or smattering of individual blueberries, raspberries and mint leaves can prompt you to drink more water.

And that's great, says the Centers for Disease Control and Prevention, because getting enough H2O each day is key for good health. Better yet, don't just down that glass of gorgeous water. Eat those pieces of fruit floating in it, or if they're too mushy, toss them into a smoothie along with fresher produce and blend away.

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