

FEBRUARY: Water

Water is an essential nutrient your body needs! Water is present in many forms, in liquids, plain water, and in foods. Because fluid losses occur all the time, from our skin through evaporation, during breathing, excretions, and such, it is very important to replace the large amounts of water we lose each day!

Of course, too many of us replace our water loss with sugar-sweetened beverages, and high-sugar 100% juices...during February, try to begin focusing on the natural, yummy, hydrating super-beverage our bodies need (without additives) – **WATER!!**

Six Reasons to Drink Water!!

1. Drinking water helps maintain the balance of body fluids that is critical for digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.
2. Water can help control calories. Drink water as a substitute for higher calorie beverages to cut out calories and help control weight.
3. Water helps energize muscles! If your cells don't maintain the fluid they need, the electrolytes shrivel, which can cause your muscles to fatigue, and negatively affect your physical activity performance!
4. Water helps keep your skin looking good. If you are dehydrated, your skin will look more dry and wrinkled, and lose some of its ability to act as a protective barrier to prevent excess fluid loss.
5. Water helps your kidneys get rid of the toxins in your body - if you are dehydrated, they cannot do as good of a job cleaning your body.
6. Water helps you have normal bowel function by keeping things flowing in your gastrointestinal tract, and thus preventing constipation.

Adapted from: <http://www.webmd.com/diet/features/6-reasons-to-drink-water#1>

Pay Attention to Thirst!

- Your body is composed of about 60% water – refuel it throughout the day with **water!**
- When you're low on fluids, your brain triggers your body's **thirst** mechanism - *listen* to these signals and get yourself a drink of **water**, or other beverage with water in it (milk, coffee, tea, etc.).
- Fluid loss happens more quickly in warmer climates, during strenuous exercise, in high altitudes, and among older adults, whose sense of thirst may not be as sharp. Pay attention to your **thirst** and drink **water** when you feel it!

Water Tips!

- Have a beverage with every meal and every snack – try to make it plain **water**, without added sugars, as much as possible!
- Choose beverages you enjoy; you're likely to drink more liquids if you like the way they taste – add fresh fruit to your **water**; try carbonated calorie-free soda **water** with some fizz!
- Keep a bottle of **water** (or preferably a *refillable* bottle) in your briefcase, bookbag, purse, car, desk, gym bag.
- Eating **water**-rich foods, such as fruits, vegetables, broth-based soups, oatmeal, and beans, are healthier, more filling, and help you trim calorie intake.
- “Spice up” your **water** – throw in some chopped fresh fruits for some natural sweet flavor!
- Get *refillable* **water** bottles for everyone in your family – write their names on them and encourage them to drink up!!

Calculating Sugar – Use the equation below to calculate how much sugar is in some of your favorite beverages!*

$$\text{Grams of Sugar} \div 4 = \text{Teaspoons of Sugar}$$

Nutrition Facts	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 0 g	0%
Sodium 55 mg	2%
Total Carbohydrate 68 g	23%
Sugars 69 g	
Protein 0 g	0%
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

$$68 \text{ Grams of Sugar} + 4 = 17 \text{ Teaspoons of Sugar}$$

Note: If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container. For example, 10 teaspoons x 2 servings = 20 Total Teaspoons.



Water Recipes!

YUMMY WATER FLAVORED WITH FRESH FRUITS!

LOL Blend Ingredients

- 1 lemon, sliced
- 1 orange, sliced
- 2 limes, sliced

Rosemary Watermelon Ingredients

- 3 cups cubed, seeded watermelon
- 2-3 sprigs rosemary, washed

Peachy Strawberry Medley Ingredients

- 2 cups strawberries, cut in half
- 1 peach, pitted and cut in chunks

Cucumber Mint Breeze Ingredients

- ½ cup sliced cucumbers
- 1-2 sprigs fresh mint, washed

Kiwi Berry Blend Ingredients

- 1-2 kiwis, sliced or cut into chunks
- 2 cups strawberries, cut in half

Instructions:

Fill pitcher halfway with ice.
Add ingredients for preferred flavor from above.
Fill with water, chill for at least 20 minutes before serving.
Store in refrigerator and drink within 24 hours.

Source: Rethink your Drink



Drink	Container Size	Sugar Type	Calories per Container	Teaspoons (tsp) of Sugar per Container	Walking Time to Burn Off the Drink ¹
Water	20 fl. oz. bottle	Sugar-Free	0 calories	0 tsp.	0 minutes
1% Milk	16 fl. oz. bottle	Natural Sugar	260 calories	8 tsp.	56 minutes
100% Orange Juice	16 fl. oz. bottle	Natural Sugar	244 calories	11 tsp.	53 minutes
Soda	12 fl. oz. can	Added Sugar	136 calories	8 tsp.	30 minutes
Soda	20 fl. oz. bottle	Added Sugar	227 calories	14 tsp.	49 minutes
Sports Drink	20 fl. oz. bottle	Added Sugar	125 calories	9 tsp.	27 minutes
Energy Drink	16 fl. oz. can	Added Sugar	240 calories	15 tsp.	52 minutes
Sweetened Tea	20 fl. oz. bottle	Added Sugar	213 calories	14 tsp.	46 minutes
Fruit-flavored Soda	12.5 fl. oz. bottle	Added Sugar	165 calories	11 tsp.	36 minutes
Juice Drink	20 fl. oz. bottle	Added & Natural Sugar	305 calories	17 tsp.	66 minutes
Fruit Nectar	11.5 fl. oz. can	Added & Natural Sugar	196 calories	11 tsp.	42 minutes
Vitamin-added Water	20 fl. oz. bottle	Added & Natural Sugar	125 calories	8 tsp.	27 minutes

Notes: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to next whole number.

1. United States Department of Health and Human Services, U. S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4. Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm> Accessed May 15, 2012.



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Adapted from the California WIC Program.

KIT-669/Ver. 07/13