

Hydrate the Healthy way!



As we find ourselves in the dog-days of summer, it is important for everyone to make sure they are drinking enough fluids to stay well hydrated. Studies show that 1 in 3 older adults may not get enough fluid. Fluid needs are based on a person's body size and medical history (so although it is a general recommendation, everyone does not need exactly eight 8-ounce glasses of water each day).

Milk, juice, coffee, tea, and water all count as sources of fluids. Also, don't forget fluid from foods- you can get the equivalent of two to three 8-ounce glasses of water per day from fluids found in the foods you eat. Fruits and vegetables have high water content, as do soups, gelatin, and pudding. In general, unless you are drinking very large amounts of liquids, it is better to drink too much than too little.

Equally important to drinking enough fluids, is WHAT you are drinking. Studies suggest calorie intake from beverages has more than doubled since the 1960s, primarily due to a surge in soft drink, sports drink and sweetened tea consumption. It is important to remember the calories and sugar we consume in liquid form when trying to maintain a healthy meal plan. Some tips for quenching your thirst healthfully include:

Drink Plenty of Refreshing, Calorie-Free Water

Water does the body good! Without any unnecessary calories, it helps your muscles and brain stay hydrated for optimal physical & mental performance. Drink enough so your urine is mostly colorless and odor-free.

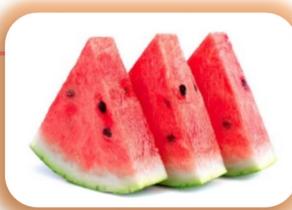
Drink Nutrient-Rich, Low-Fat Milk Three Times a Day

Milk isn't just for kids; it's essential for adults, too. Nutrient-rich dairy foods help build and maintain healthy bones, teeth and muscle mass. They also may help lower the risk of high blood pressure. For the most nutrients with the least fat and calories, look for fat-free or low-fat options.

This Month's Featured Fruit:

WATERMELON

Made of 92 percent water, watermelon is an excellent way to help improve hydration through foods! In addition, this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium.



Drink a Maximum of 4 to 6 ounces of Juice a Day

While 100% juice can be a great source of several nutrients, it is possible to get too much of a good thing. Whole fruits and vegetables are much better ways to get vitamins, minerals and fluids. Actual food is more satisfying, plus you get the added value of fiber and nutrients from the skin and pulp.

Drink Other Beverages Mindfully

Remember that soda, sweetened teas, fruit drinks, and most sports and "energy" drinks are loaded with calories and sometimes caffeine. Some coffee drinks are often surprisingly high in calories, fat and sugar. Alcoholic drinks are packed with empty calories. You should avoid any caffeinated beverages which also contain alcohol.