

HYDRATION

Healthy Eating Tip of the Month
JULY 2020

Did You Know?

Water makes up about 60% of your body's weight on average. Every day you lose up to 1 liter of water through sweating, exhaling, urinating and bowel movements.

Water Helps Your Body...

regulate temperature

have better cognition
and mood

lubricate joints

delivers nutrients to cells

helps prevent infections

sleep better

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How Much?

How much water do you need to drink every day? A common recommendation is to drink six or eight 8-ounce glasses of water daily.

You may need to drink more if you:

- Exercise intensely, especially in a hot climate.
- Are sick, such as with the flu, or have a health problem such as a urinary tract infection.
- Are pregnant or breastfeeding.

General guidelines on estimating fluid needs recommend about 1 milliliter (mL) of fluid for every calorie required daily. For example: if you need 2000 calories a day, then your daily fluid needs are 2000 mL a day (which equals about 8 cups).

The easiest way to know if you are drinking enough fluid is to look at the color of your urine. If you are drinking enough, your urine should be clear or pale yellow. A darker yellow means you need to increase your intake.

**Of note: urine can be discolored due to medications, certain foods or food dyes. Please seek medical attention if you have visible blood in your urine or if your urine appears dark or orange colored.*

***Since each person's needs vary based on health status, activity level, age and where you live, it is important to consult your dietitian for your specific fluid goal.*

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Dehydration

Dehydration is when you use or lose more fluid than you take in, and your body doesn't have enough water to carry out its normal functions.

You can usually reverse mild dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.

Signs of Dehydration Include:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

Did you know?

As you age, your sense of thirst diminishes. So even though your body might need water, you might not *feel* thirsty.



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Not Just Water!

We've all heard that drinking water is best, but it's not the only beverage that counts toward your total fluid intake.

Plain water can become boring, so try adding some flavor with fresh or frozen fruit. Also, don't forget about low-fat milk and 100% fruit juice as well.

Eat Your Water

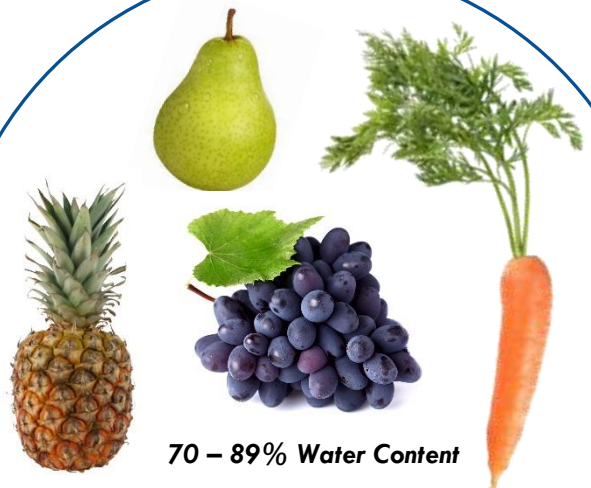
Did you know you can also get water through the foods you eat? For instance, 1 cup of grapes has about 4 ounces of water!

Other foods high in water include:



90 – 100% Water Content

Water, sparkling water, low-fat milk, cantaloupe, strawberries, watermelon, cabbage, lettuce, celery, spinach, and cooked squash.



70 – 89% Water Content

Bananas, grapes, oranges, pears, pineapples, carrots, cooked broccoli, avocado, yogurt, cottage cheese, and ricotta cheese.

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Refreshing Recipes

Watermelon Salad

INGREDIENTS

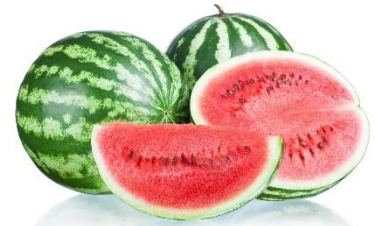
- 4 c. mixed greens
- ½ c. watermelon, cubed
- ½ c. mixed berries
- 3 tbsp. feta cheese crumbles
- 3 tbsp. basil, chopped

For Dressing

- 2 tbsp. olive oil
- 1 tsp. Dijon mustard
- 1 tsp. balsamic vinegar
- 1 tsp. honey
- Pinch of salt and pepper

DIRECTIONS

1. Divide and assemble salad ingredients in two separate bowls.
2. Mix dressing and drizzle on top.
3. Enjoy!



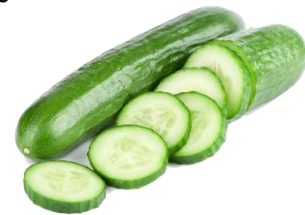
Creamy Dill Cucumber Yogurt Dip

INGREDIENTS

- 8 oz. plain Greek yogurt
- 4 oz. cream cheese, softened
- ½ c. mini cucumbers, chopped
- 1-2 tsp. fresh dill (or ½ tsp dried dill)
- 1 tsp. lemon juice
- ½ tsp. minced garlic
- ¼ tsp. onion powder
- ¼ tsp. salt
- Assorted vegetable for dipping

DIRECTIONS

1. In a small bowl, combine yogurt and cream cheese until smooth.
2. Add remaining ingredients. Mix well.
3. Serve alongside assorted vegetables for a refreshing snack.



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UNIVERSITY OF MICHIGAN

Brittni Stratman, Dietetic Intern
Patient Food and Nutrition Services
300 N. Ingalls Street
NIB N18E20
Ann Arbor, MI 48109-5407
(734) 936-5197