Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

A Newsletter for Healthy Eating

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Just Add Water

Even though water is the single most important nutrient for maintaining good health, we forget to drink it! Water makes up between 50 to 75 percent of our bodies. It is an essential nutrient because our bodies can't make all that we need. Drinking 6 to 8 eight-ounce glasses of water daily is a good idea, but the amount of water a person needs is affected by many things. Needs are increased for persons living in a hot climate or who are very active.

DID YOU KNOW?

Our bodies can survive without nutrients for months, but we can only live for a few days without water.

Drink More Water!

Water Content of Foods

Water is also found in foods. Fruits and vegetables are the best sources of water.

Lettuce	95%	Watermelon	92%
Broccoli	91%	Strawberries	91%
Carrots	87%	Bananas	75%
Yogurt	75%	Pasta	66%
Chicken	65%	Bread	38%

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact *https://access.arkansas.gov/*.

Why Do We Need Water?

- Water carries other nutrients throughout the body.
- Water keeps food moving through the intestines, helps wash out waste products and helps prevent constipation.
- Water bathes joints so they move smoothly.
- Water helps keep body temperature normal. When you're too hot, your body cools you off by sweating.
- Remember…you could become dehydrated if you ignore your thirst. Signs that you may not be getting enough water include:

  Dry mouth.

  Less urine when you go to the bathroom.

  Dizziness or light-headedness.

Water You Learning?

Can you put the letters below in the correct order?

1. All living things need _____(tawer) to survive.
2. A person could live about one _____(kewe) without drinking water.
3. Water helps keep your _____(doby) temperature normal.
4. Water is found in foods. _____(riustf) and _____(tbsvgeales) are the best sources.
5. Water keeps _____(dofo) moving through our bodies and helps remove _____(tweas) products.

Answers on page 4.

Food Safety Corner

Picnic Food Safety Tips

- Cold foods shouldn't be without refrigeration or cooling for more than 2 hours. Keep food in an insulated cooler packed with ice, ice packs or containers of frozen water.
- Pack drinks and foods that can spoil in different coolers because the drink cooler will probably be opened more often.
- Put leftovers back in the cooler immediately after serving. If the food is still cold when you get home, then it can be put back in the refrigerator. If the food is warm, throw it out!

Right Bite Recipe

Berry Lemonade

Ingredients

6 cups cool water
1 cup fresh or frozen blueberries or strawberry halves
1 package lemonade low-calorie drink mix (such as Country Time or Crystal Light)

Directions

1. Place 2 cups of the water, berries and drink mix in a blender and cover.
2. Blend on high speed until smooth.
3. Pour into a large plastic or glass pitcher.
4. Stir in remaining 4 cups of water.

Drink More Water!

- ✔ Take water breaks, not coffee breaks.
- ✔ Have water with your meals and/or snacks.
- ✔ Freeze a water bottle and take it to work each day for an ice-cold supply.
- ✔ Never pass up a drinking fountain.
- ✔ Drink water before, during and after exercise.

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100% Fruit Juice vs. Fruit Drinks

What's the Best Choice?

All juices are not the same. Some are packed with nutrients, while others are simply sugar water.

Read food labels, and only buy juices that are labeled 100% fruit juice.

Beware of words like "drink," "punch," "cocktail" or "beverage." Most contain less than 10% of pure fruit juice and are mostly sugar, water and additives.

Remember…some fruit drinks may cost less than 100% fruit juices, but because they provide few nutrients, they really are not a better buy!

Answers to puzzle: 1. water 2. week 3. body 4. fruits; vegetables 5. food; waste

For more information on food, nutrition, or health, contact your county Extension office or visit www.uaex.edu.

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