

Better Living for Texans

August 2016

TEXAS A&M
AGRILIFE
EXTENSION

Water, Electrolytes, and Hydration

Why is water important?

Water makes up 60% of our body weight. It is involved in numerous body functions such as keeping cells firm, making up the components of blood and the lymphatic system, and lubricates joints allowing joints to move freely. Water both be consumed in its natural form our consumed through foods with high water content such as tomato, watermelon, strawberries, cantaloupe, cucumbers, celery, lettuce, zucchini, cabbage, radish, and sweet peppers.

What is dehydration?

Dehydration is the loss of body water and important ions, also known as electrolytes. When a person is dehydrated, it interferes with the body's processes.

What do electrolytes do?

Electrolytes direct water to the areas of the body where it is needed. They also help muscles contract and relax and transmit nerve impulses.

We can get electrolytes from the food we eat:

Sodium and Chloride—There is no recommendation for sodium chloride because most people surpass their requirements in the form of salt

Calcium— dairy products such as yogurt, cheese, milk, , green, leafy vegetables

Potassium—oranges and grapefruits, and other citrus foods, grapes, blackberries, bananas, carrots and potatoes, and other root vegetables

Celebrating National Farmers Market Week

Nowadays, farmers markets support many urban and rural communities. The farmers market week is a chance for farmers to build stronger relationships with the community. It also provides customers with options for fresh, locally grown produce where it may not be readily available. Many producers have made their goods affordable for various income levels.

Farmers Market Week is August 7-13.

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⇒ National Farmers Market Week

⇒ Recipe: Fruit Slush



For more information on Better Living for Texans programs, please contact Priscilla Hammond at (979) 823 0129

Sources: 1. <https://medlineplus.gov/ency/>

2. <https://www.fsa.usda.gov/state-offices/Florida/florida-news-releases/2016/>

Fruit Slush



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Ingredients

- 2 $\frac{2}{3}$ cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 $\frac{2}{3}$ cups kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Serving Size: 1 Cup
Servings per Container: 4

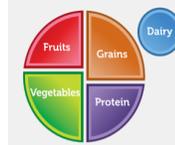
Nutrition Facts

Serving Size: 1 cup (0.0g)
Servings Per Container: 4

Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Calories 25	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber <1g	3%
Sugars 5g	
Protein 0g	
Vitamin A 4%	• Vitamin C 35%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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MyPlate Food Groups



1 cup