

# Water and Hydration

A Nutrition-Based newsletter sponsored by Better Living for Texans  
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## Drink More Water!

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### Water Content In Foods

- Water consumption comes from more than drinking fluids. An estimated 20% of our water requirements are met through the food we consume.
- Foods that have higher water content tend to add volume and have less calories. Therefore, these foods help promote fullness without excess calories.
- Here some of the foods with the highest content of water:
  - Fruits:** Watermelon, strawberries, apricots, Citrus fruits, grapes, apples, cherries, apples, and papaya
  - Vegetables:** Lettuce, cucumbers, carrots, tomatoes, bell peppers, celery, broccoli, and squash

Water is vital for human survival. It is used by the body for transportation, temperature regulation, waste removal, digestion, and lubrication. It is recommended to consume between 10 to 15 eight ounce glasses of water each day.

**Transportation:** It is used as a vehicle for bringing glucose and oxygen to muscles.

**Temperature Regulation:** It prevents your body from overheating. If your body's temperature goes above 106°F, cells will begin to die. Therefore, when your body begins to overheat, water is absorbed from the muscles and released through the skin as sweat. When the sweat evaporates, it cools your body.

**Waste Removal:** Water brings waste to the urinary tract for excretion. Dark urine indicates high waste content and low water content. This is a sign of dehydration. Drink more water to keep your urine light and your waste concentration low.

**Digestion:** Water is a major component of saliva and gastric juices which are vital tools in the digestion process.

**Lubrication:** Water lubricates your organs, joints

### Dehydration: Causes and Symptoms

**Causes:** poor fluid intake, waiting until you are thirsty to drink water, excessive sweating, failure to replace fluids after exercise

**Symptoms:** headaches, fatigue, muscle cramps, dizziness, weakness, nausea, vomiting, confusion, irritability, and irrational behavior



# Red, White & Blue Salad



## What you need:

Utensils:

Knife & cutting board

Spoon

1 medium size bowl

1 small size bowl

Measuring cups

## Ingredients:

3 cups watermelon, cut into 1 inch cubes and seeded\*

1 cup blueberries\*

2 medium bananas, sliced\*

1 cup fat free whipped topping

Juice of 1 lime\*

What to do:

1. Wash your hands and clean your cooking area.
2. Wash all fruit.
3. Cut watermelon into cubes, removing seeds.
4. Place cut watermelon and blueberries in medium bowl.
5. Slice bananas and place in a small bowl.
6. Squeeze lime juice over bananas and mix, covering all bananas.
7. Add bananas and whipped topping to the watermelon and blueberries and mix well.
8. Chill until ready to serve.

**Prep Time:** 10 minutes

**Cost per serving:**

\$0.83

## Nutrition Facts

Serving Size 1 cup

Servings Per Container 6

Amount Per Serving

Calories 100      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 24g      8%

Dietary Fiber 2g      8%

Sugars 15g

Protein 1g

Vitamin A 6%      • Vitamin C 20%

Calcium 0%      • Iron 2%

**MyPlate:**

1 cup of Fruit

*\*WIC Approved Food Package*

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