



FLiP Newsletter

March 16, Edition #9



Healthy and Hydrated: What to do About Water

Water; seems so basic, yet so important! Clean water has many uses, ranging from hygiene to diet. In this newsletter, we overview the application of water in many of our daily healthy habits!

Function of Water:

- Every cell, tissue and organ in your body needs water to work properly!
- Water:
 - gets rid of wastes through urination, breathing and bowel movements
 - lubricates the joints and tissues
 - maintains healthy skin
 - assists temperature regulation
 - assists digestion



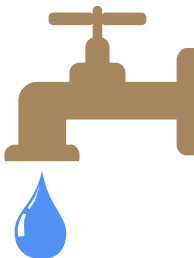
Classic signs of Dehydration:

- About 60% of your body is made of water! If you're experiencing these symptoms, consider increasing your water intake:
 - Headache
 - Dizziness/lightheaded
 - Fatigue
 - Urinating less than 4 times a day



What causes a lack of clean water?

- Water can be easily polluted with materials ranging from pesticides to heavy metals. Most contaminations are by accidents that happen during damage to water pipes.
- A 'boil order' is mandated by district government describing a potential contamination to drinking water.
- Water infrastructure is ultimately a responsibility of city/state government!





WATER AS NUTRITION

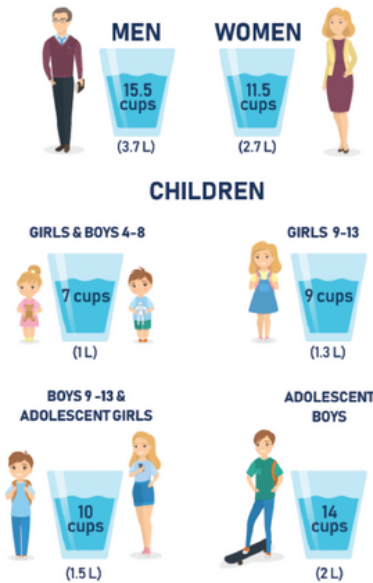


How much water do you need?

Fluid needs vary from person to person, but the general recommendation is the following:



ADEQUATE FLUID INTAKE



Sources of Water:

- You can get water by enjoying a variety of beverages, as well as eating foods that have a high water content, such as fruits and vegetables.
- For drinks, focus on unsweetened beverages in order to limit calories from added sugars.
- Options with a 90-100% water content:
 - Water, sparkling water and milk.
 - Fruits like cantaloupe, strawberries and watermelon
 - Vegetables like lettuce, cabbage, celery, spinach and cucumber.
- Options with a 70-89% water content:
 - Fruits like bananas, grapes, oranges, pears and pineapples.
 - Vegetables such as carrots, cooked broccoli and avocados.
 - Dairy products like yogurt, cottage cheese and ricotta cheese.

Ways to Increase Water Intake:

- Keep in mind that these recommendations cover fluids from water, other beverages, and food. About 20% of daily fluid intake usually comes from food, the rest from drinks!
- Your fluid intake is most likely enough if your urine is colorless or light yellow.

- Listen to your body. If you are thirsty, drink water!
- Opt for water instead of soda or energy drinks.
- Carry a refillable water bottle:
 - Keep water handy, so it's there when you want to reach for a drink.
- Add a flavor enhancer to water:
 - Squeeze some fresh lemon or lime juice, add fruits & berries or mint!

Check out these recipes!



8
INFUSED
WATER
RECIPES



CHICKEN
& KALE
SOUP