

# MINUTE NUTRITION NEWS

June 2013

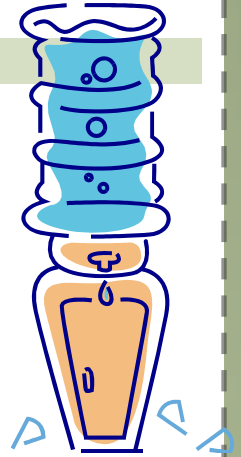
## Hydration: More Than Just Eight Glasses of Water a Day

You may have been following the “golden rule” of drinking eight glasses of water a day, but that is actually a common misconception! In this issue, find out how much fluid you need for your body and get tips to stay hydrated this summer.

### Is Your Body Hydrated?

Staying hydrated is important because fluid in your body plays many essential roles. Here are some easy ways to check if your body is hydrated:

- 1. Are you thirsty?** Take some time to stop and think about whether you feel thirsty, or whether your mouth feels dry. If so, you are likely not drinking enough fluids.
- 2. What is the colour of your urine?** If your urine is dark yellow and has a strong odour, you may be not drinking enough. Light yellow or clear urine is a good sign of hydration status.
- 3. How is your mood?** Signs of dehydration include headaches and light-headedness. If you feel this way, it may be because you are dehydrated.



### How to Stay Hydrated

#### Step 1: Knowing Your Requirement

Your body stays hydrated by the fluids you drink. The amount of fluid your body needs depends on your age and gender. Refer to the following chart to see how many cups of fluids you need to drink each day to stay hydrated.

| Age and Gender                            | Fluid Requirements |
|---|--------------------|
| 1-3 years old                             | 4 cups             |
| 4-8 years old                             | 5 cups             |
| 9-13 years old<br>males<br>females        | 8 cups<br>7 cups   |
| 14-18 years old<br>males<br>females       | 11 cups<br>8 cups  |
| 19 years old and over<br>males<br>females | 12 cups<br>9 cups  |

#### Step 2: Choosing Your Fluids

Fluids you drink can include a variety of beverages. It is not only limited to water. Beverages that help you stay hydrated include:

- Water
- Milk or other fortified milk alternatives
- 100% juice
- Decaffeinated coffee and herbal tea
- Moderate amounts of caffeinated coffee and tea (less than four 8-oz cups per day in total)

Try to choose soft drinks and juice blends less often as they are high in sugar and low in nutrients.



Note: For certain populations such as pregnant or breastfeeding women, and active individuals, fluid requirements may be different.

# RECIPE OF THE MONTH

June 2013

## Thirst-Quenching Flavoured Water Ideas

If you are someone who finds plain water boring, here are some ideas to spice up your drink and help you stay hydrated over the summer!



### Directions:

1. Simply fill a glass or a jug of cool or iced water, and add in one of the following combinations.
2. Refrigerate for a few hours (for more flavour) or enjoy right away!

| Flavouring Ideas:   |  |
|---|--|
| A handful of fresh mint with:   | <ul style="list-style-type: none"><li>• Cucumber slices</li><li>• Orange slices</li><li>• Lemon or lime slices</li><li>• Cucumber and lemon slices</li><li>• Watermelon cubes</li><li>• Honeydew melon and lime slices</li></ul> |
| A handful of fresh basil with:  | <ul style="list-style-type: none"><li>• Lemon slices</li><li>• Watermelon cubes</li><li>• Handful of strawberries, slightly mashed</li></ul>   |
| A few slices of fresh ginger root with:                                 | <ul style="list-style-type: none"><li>• Lemon slices</li></ul>   |
| Or any of the above fruit and vegetable combinations without the herbs! |  |

### Got questions?

Meet the clinic's registered dietitian on June 4<sup>th</sup> from 9:30 to 11:30am during the recipe demonstration!