

To Your Health

IOWA STATE UNIVERSITY
University Extension

Osceola County Extension Service
839 3rd Avenue
Sibley, IA 51249-1607
Phone: 712-754-3648
Fax: 712-754-3649

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“August – already!?!”

I can't say how many times I've heard that – and it's only the first day or two of August. Seems like summer is going fast for many of us.

There's still time for some relaxing, though. Check out what's happening in your area – a county fair, the state fair, community celebrations. Or maybe you prefer some time at a local lake or campground.

Stay Hydrated in the August Heat

The forecast calls for more hot weather this month.

That makes me worry about people working outdoors ... about students beginning athletic practice outdoors or in a hot gymnasium ... about children playing outdoors ... about people recreating outdoors. We can be outdoors and be engaged in a variety of activities. But we need to be smart about it, and stay hydrated.

Your body needs fluid. And it needs *water* on a daily basis to take nutrients to parts of your body and to carry waste products away. Water also plays a key role in regulating body temperature. Without enough fluid, you reduce your

concentration, coordination, strength and stamina. Once you are dehydrated, it takes 24 to 36 hours to rehydrate and regain strength. While this is important information for all of us, those engaged in physical activity need to pay very close attention to staying hydrated.

Each day the body needs 10-15 cups of fluid. A diet rich in fruits and vegetables will naturally be higher in water – lowering the daily goal to 8-13 cups of fluids.

When should you drink fluids?

According to ISU Extension's "Eat to Compete: What you should know about fluids..." (Pm1965a):

- ✓ Before practice/competition – ...17-20 ounces 2-3 hours before activity
- ...7-10 ounces within 10-15 minutes of starting
- ✓ During practice/competition – ...7-10 ounces every 10-15 minutes
- ✓ After practice/competition – ...Drink 3 cups of water for every pound of weight lost during activity.

I know this refers to “during practice/competition,” but I try to follow these suggestions when I'm doing yard work, for instance. Now, I don't weigh myself before and after

pushing the lawn mower for 1 ½ hours, but I know that I need to replace fluids lost – and more than just a cup or so. I stop for water several times while mowing, and drink water when I'm finished with the mowing.

What should these fluids be?

Water is the best choice in most situations, especially if the practice/competition lasts less than one hour.

Some people like to use a sport drink. There are three general categories of these.

- *Fluid replacement drinks* – These are best when there is 1 hour or less before an event. It may also be consumed during the event. And you may use a fluid replacement drink when you are continuously active for over 60 minutes.
- *High carbohydrate drinks* – Use 1 to 2 hours before an event or immediately after.
- *Meal replacement drinks* – Use 3 to 4 hours before the event as a snack or meal replacement.

Looking for more information for athletes/student athletes on staying hydrated and eating healthy, go to <http://www.extension.iastate.edu/nutrition/sport> -- the ISU Extension “Eat to Compete” website.

Make Your Own – Fluid Replacement Drink

To save money, you can make your own fluid replacement drink. Here are two “recipes.”

Recipe 1:

Combine equal parts of 100% fruit juice and water.

Recipe 2:

Combine 5 teaspoons sugar, ¼ teaspoon salt, 1 tablespoon lemon juice and 8 ounces (1 cup) water.

Breakfast – Why and How

The start of the school year will be here in a few weeks. So it's time to re-think morning habits. Is breakfast part of the routine for your household?

Why?

Here are just a few reasons for “why” we need breakfast:

- Fuels the body with nutrients.
- Provides food energy for the morning – to get us through until lunch time.
- Gets your child ready to learn. Even adults get more done in the morning when they eat breakfast.
- Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young children may need a small morning snack.
- Helps kids feel good. Children may get tummy aches (hunger pangs) if they miss breakfast.

How?

Breakfast can be quick and easy:

- Ready-to-eat cereal with milk and fruit
- Peanut butter on whole wheat toast

- Bagel with cheese
- Grits topped with cheese
- Oatmeal with applesauce
- Pita bread with yogurt
- Toasted waffle topped with sliced fresh fruit
- Chicken noodle soup
- Whole wheat toast topped with a sliced of American cheese, topped with drained, sliced canned peaches or pears and sprinkled with a little cinnamon and sugar

...Serve any option with 100% fruit or vegetable juice or fresh fruit, and milk, and you're ready to start your day.

Source: USDA, *Nibbles for Health*, Nutrition Newsletter for Parents of Young Children

Time for Peaches!

Ah, there's nothing better than a fresh, juicy peach. You know – one with a red “blush” to the skin, that smells pleasingly sweet, is soft to the touch but not mushy, and leaves you with juice running down your chin after the first bite.

A medium peach has about 40 calories, 10 grams carbohydrate, 1.5 grams dietary fiber, and some vitamin A.

- Add sliced peaches to hot or cold cereal, or to a mixed green salad.
- Make peach salsa: blend together peaches, strawberries and bananas. Eat with baked corn chips.
- Mash peaches into low-fat yogurt and freeze in ice-cube trays with a straw in the middle to eat as a ‘peach-scicle.’

- Pack a fresh peach when you're on the go for an easy, take anywhere snack.
- For a quick dessert: top a flour tortilla (try whole wheat) with sliced peaches and a sprinkle of cinnamon and sugar. Bake until heated through. (Serves 1 or 2 – or more - depending on the diameter of the tortilla.)

Source: www.extension.iastate.edu/food

Let's Move

Walk or Bike to School

- ✓ Beneficial for health -- Kids need physical activity to stay healthy. Walking or bicycling to school can be a way of fitting in the necessary 60 minutes of recommended daily physical activity.
- ✓ Improves air quality and the environment – imagine the decreased automobile exhaust we would have if more people walked or rode bicycle and fewer drove to school.
- ✓ Helps the community create safe walking and bicycle routes for everyone.

Newsletter prepared by Denise Wyland, nutrition and health field specialist, ISU Extension.

(E-mail address: dwyland@iastate.edu)
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