



Growing Up Healthy & Active

April

Drink Water for Your Health

According to the American Dietetic Association, most individuals replace only 50 to 75 percent of the water they lose during physical activity. Dehydration results from inadequate fluid intake and can lead to health concerns and decreased physical performance. Being dehydrated as little as two percent can cause endurance to drop as much as seven percent.

Knowing that proper hydration during exercise is important doesn't always translate into drinking enough fluid. Most active people are unaware that they need at least 10 cups of fluid per day.

So what can you do to stay hydrated?

- Drink at least eight 8-ounce servings of water each day. The more active you are, the more water you need to replenish lost fluids.
- Don't wait until you're thirsty to drink water. By the time you feel thirsty, you have probably already lost two or more cups of your total body water composition.
- Drink plenty of water throughout the day. Carry a bottle of water with you if necessary.
- Beverages with alcohol or caffeine are not good water substitutes. Caffeine and alcohol can act as diuretics and cause you to lose water.

- Once you start exercising, drink water throughout your workout. Keep a bottle of water with you and take water breaks ever 10 to 15 minutes.
- Don't underestimate the amount of fluids lost from perspiration. Following a workout, you need to drink three cups of water for each pound lost.
- Start and end your day with water. Your body loses water while you sleep, so drink a serving before bed and again when you wake up.
- Cool water—not carbonated beverages or sports drinks—is the best fluid for keeping hydrated when it's warm outside. Cool water is absorbed much more quickly than warm fluids and may help to cool your overheated body.
- Make sure your children drink enough water. Children need water to balance their intake of other beverages—especially during activities. Offering water to a child instead of juice or regular soda also can help prevent weight problems.

Do Super-size Portions Produce Super-size Kids?

Researchers recently looked at three- and five-year-old children and the influence of “super-sizing” a meal. When offered three different sized portions on different days, they found that the three-year-olds ate according to appetite and were not influenced by the size of the portion. The five-year-olds, however, ate more when they were served bigger portions.

Recipe of the Month: Fruit Cole Slaw

- ½ head shredded cabbage (about 8 cups)
- 1 can (16 ounces) fruit cocktail, drained
- 1 cup nonfat plain yogurt
- ½ cup honey
- ¼ cup vinegar
- Juice of one lemon
- 1 banana, sliced
- Salt and pepper (to taste)

In large bowl combine cabbage, fruit, yogurt, honey, vinegar, and lemon juice. Gently stir in banana. Cover and chill. Makes 12 servings.

Just Do It—Get Active

- Play a game of softball/baseball with the family or attend one of the local school games.
- Plant a flower or vegetable garden.
- Play a game of golf or miniature golf.
- Create May baskets and deliver to friends or a shut ins.

For More Information

Visit these ISU Extension Web sites:

Nutrition—www.extension.iastate.edu/healthnutrition/

Answerline—www.extension.iastate.edu/answerline

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