



Water in a Nutshell

We don't often think of water as a nutrient, but it is as important to our health as any of the nutrients. This may seem obvious, as we know life cannot be sustained without water. The human body is made up of 60 -75% water and water is used by every cell of the body. All the many biochemical reactions and metabolic processes that take place in the body depend on water. The body cannot function optimally or efficiently when it is not well hydrated with fluids. Water is the primary component of our body fluids; it aids in digestion, provides the vehicle for circulating nutrients and oxygen through the body, as well as for the elimination of waste. It helps lubricate joints, protect organs, and maintain normal body temperature. A well hydrated body is necessary for optimal exercise and athletic performance.

Water Losses

On average, your body loses 8 - 12 cups of water a day. This is increased by:

- exercise
- hot weather
- low humidity
- altitude
- high fiber diet
- consumption of caffeine and alcohol containing beverages

HOT TIP

The World Health Organization has a fantastic website. You will find an electrolyte replacement formula this would be great information for you to explore...www.who.int/entity/csr/resources/publications/dengue/024-33.pdf



Are You Getting the Water You Need?

The National Research Council's Food and Nutrition Board says each of us needs about one milliliter (ml) of water for each calorie of food we consume. On a 2,000-calorie a day diet that's about 74 fluid ounces, or slightly more than nine 8-ounce glasses a day. According to Heinz Valtins (Dartmouth Medical School kidney specialist) report in the American Journal of Physiology points out that some of the water you require is right there in your food. For example, fruits and vegetables are full of water. In fact lettuce is 90 percent water.

Dehydration

For those of us who live work and play in the Arizona Desert Dehydration is a very serious subject. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration — as little as a 1 percent to 2 percent loss of your body weight — can sap your energy and make you tired. Dehydration poses a particular health risk for the very young and the very old. Signs and symptoms of dehydration include: Excessive thirst, Fatigue, Headache, Dry mouth, little or no urination, Muscle weakness, Dizziness, Lightheadedness. If you are experiencing any of these symptoms you should contact your physician immediately.

Tips for increasing your water consumption:

- At work keep a large water bottle on your desk.
- At home keep a pitcher of water in your refrigerator.
- Carry a water bottle with you when you leave the house.
- Change to decaffeinated coffee, tea and soda, instead of caffeinated beverages.
- For every caffeinated beverage you drink, drink a glass of water.
- Drink a glass of water before meals and snacks.
- Order water at restaurants.

Add lemon or lime to your water if it allows you enjoy water more.

Recipes:

Serve these drinks at breakfast or a snack.

Banana Shake

Tip: When you find bananas on sale buy them up peel them and freeze them you then will always have bananas on hand. Remember to mark the container you freeze them with the date you froze them.

½ a small banana ½ cup skim milk
¼ tsp. vanilla extracts 2 ice cubes
Sweeten to taste with artificial sweetener

Blend all ingredients until smooth. There you have it a yummy healthy shake...

*Nutrient information based on a 1 cup serving:
Calories per serving: 90; Fat: .4 grams; Protein 5.14 grams; Carbohydrate 16.9 grams; Calcium 154 mg.; Sodium 63 mg.; Potassium 383 mg..*

Screamin' Orange

8 oz. nonfat plain yogurt
2 ½ cups of skim milk
1 can (6oz.) frozen orange juice concentrate
1 tsp. vanilla extract

Blend all ingredients until smooth....

*Nutrient information based on a ¾ cup serving:
Calories 117; Protein 6.59 grams; Carbohydrate 22 grams; Fat .4 grams; Calcium 215 mg; Sodium 84 mg.; Potassium 513 mg.*

Soups

As mentioned another good way to get our water is in soup. Below is a base for a chicken stock that you could use to create many soups from.....

Homemade Chicken Stock

4 pound chicken or parts
3 minced garlic cloves
8 peppercorns (black) 2 bay leaves
4 carrots sliced 3 sprigs of parsley
2 celery ribs sliced (include leaves) 1 Tbs. each
of thyme, dill & oregano
1 medium onion, peeled and halved (you could substitute with green onions)

Put the chicken and peppercorns in a large sauce pan. Add cold water to cover and bring to a boil. Reduce heat, and simmer uncovered for 30 minutes. Add the rest of the above ingredients, cover and simmer for two hours. Strain vegetables and

chicken (you could use these for a stir fry or another dish) Chill stock overnight. The fat will rise to the surface and form a crust; remove this and discard it. Stock can now be used or freeze it in ice cube trays for later use.

Per Cup 12 calories, 0.1 g protein, 29 g carbo., 0.5 g fat, 2 mg chol., 5 mg sodium.

Tip of the Month

Here's where water goes:

- ☺ 28 to 40 ounces is lost in breath and perspiration.
- ☺ 20 to 53 ounces is lost in urine.
- ☺ 1.6 to 6.6 ounces is lost in feces.

Websites for more Information:

There is some controversy on bottled water vs. tap water these are some interesting websites for some information.

Mississippi State Univ. Extension Service; Water Quality: Bottled Water

<http://ext.msstate.edu/pubs/is1418.htm>
Summarizes several benefits and definitions of types of bottled waters.

US Food and Drug Administration: Bottled Water - New Trends, New Rules by Victor Lambert

<http://www.fda.gov>
Discusses the FDA regulation of bottled waters as well as general information on consumer use of bottled waters, the EPA regulation of municipal waters and the improvement of regulation over the recent years.

Another Source:@ <http://www.mayoclinic.com>
**For More nutrition Information Please
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