

Hydrate with Water

Drinking water is essential to your health and well-being. 60% of your body weight is made up of water. Your body needs water to function properly.

First lady Michelle Obama and the Partnership for a Healthier America are encouraging Americans to stay hydrated and live healthier lives by drinking water.

5 Reasons to Drink Water

- Increases fullness.** You may have been told to eat soup or a light salad before dinner to help you feel full and decrease your consumption at dinner. Water may also do the trick!
- Keeps you hydrated.**

Hydration is important for nutrient absorption. Dehydration can make you feel tired and make your skin look more dry and wrinkled.

- Replaces an unhealthy beverage.**

Drinking water rather than sugary beverages decreases your risk for obesity and diabetes.

- May help with weight loss.**

Water is not a magical bullet for weight loss. However, if you substitute water for sugary beverages, you will consume fewer calories, which promotes weight loss. Some people may confuse thirst for hunger, so drink up to prevent unnecessary calorie intake.

- Prevents constipation.** Adequate fluid intake with sufficient fiber intake helps to get things moving through the digestive tract to prevent constipation.

Other Healthy Beverage Substitutions

- Spice up your water!** Try adding flavors, such as lemon or lime to your water that will add health boosting antioxidants rather than calories.
- Bubble up!** Seltzer does not contain artificial flavorings and is a healthy, bubbly substitution for soda.

RECIPE OF THE MONTH



Zesty Splash

Ingredients:

- 12 cups of water
- 1 small cucumber, sliced
- 2 lemons, sliced
- 1 lime, sliced
- 10 mint leaves

Directions:

- Thinly slice the lemons, lime and cucumber.
- Add slices and mint leaves to a large pitcher.
- Cover ingredients with 12 cups of water.
- Refrigerate overnight for a strong flavor.

Pour the beverage into a glass over ice and enjoy!

Tips to Increase Water Intake

- Drink a glass of water with every meal and snack.
- Get creative! Add calorie free flavorings to water, such as lemon, lime, cucumber or mint. If you vary the flavorings you are less likely to get sick of water and more likely to increase your intake!
- Carry a water bottle with you everywhere, in the car, at work, at the gym, etc. You are more likely to drink up with easy access.
- Consume fruits and vegetables that naturally contain water, such as broccoli, carrots, watermelon, oranges and grapefruit. Approximately 20% of fluid intake comes from foods.

Goal: 8 cups of water per day.

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!

Be part of a Nutrition Counseling research study!

- Is your weight more than expected for your height and age?
 - Are you between 9-17 years of age?
 - Do you want to lose weight and learn how to eat healthier?
- Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Our Nutritionists

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