

NUTRIGRAM

July 2019

Published by the Niagara County Office for the Aging
111 Main Street Lockport NY 14094 438-4020



Water & Nutrition



Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:



- Carry a water bottle for easy access when you are at work of running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.
- Choose water when eating out. Generally, you will save money and reduce calories.

Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do. **Provided by the CDC – Centers for Disease Control and Prevention**

Sparkling Strawberry Lemonade Recipe



Rebecca Clyde, MS, RDN, CD By Jessica Cox, RD
Published March 27, 2019

This bubbly summer refresher takes classic lemonade to the next level by adding strawberries and sparkling water. Make the strawberry lemonade mixture up to two days in advance, but wait to add the sparkling water until you're ready to serve.

Ingredients

- ¾ cup sugar
- ¾ cup water
- 16-ounce container fresh strawberries, cleaned and hulled
- ¾ cup fresh lemon juice (about 10 large lemons)
- 3 cups naturally-flavored strawberry sparkling water*

Directions

1. Combine sugar and water in a medium saucepan. Bring to a boil over medium heat, stirring until sugar dissolves. Remove from heat and cool completely, about 30 minutes.
2. Combine strawberries and half of cooled sugar mixture in a blender. Cover and process until very smooth, about 1 to 2 minutes. Transfer to a 2-quart pitcher.
3. Stir in remaining sugar mixture and lemon juice. Add sparkling water just before serving.

Note *Club soda or plain sparkling water may be substituted for strawberry-flavored sparkling water.

Nutrition Information

Serving size: ¾ cup
Serves 8

Calories 95; Total fat: 0g; Saturated fat: 0g; Trans fat: 0g; Cholesterol: 0mg; Sodium: 22mg; Total carbohydrate: 25g; Dietary fiber: 1g; Protein: 0g
From Eatright.org – Academy of Nutrition and Science 2019



IS NOW OPEN

National Fuel - for more information, or to see if you qualify, visit HEAPhelps.com or call 1-877-443-2743.