



Ask the Expert: Why is Hydration Important?

Written by Alexis Noirot, Junior in Developmental and Family Sciences, Purdue University '22

It is starting to heat up and feel like summer! The warmer it gets, the more water we lose and the more risk there is of losing too much water or “dehydration”. Our bodies lose water through sweating, breathing, and urinating. That said, it is easy to make sure to have enough water in your body following some simple practices.

Know the signs and symptoms. If you are thirsty, you are already dehydrated! Other signs include dry or sticky mouth, headache, muscle cramps, and dark urine.

Drink the recommended amount of water daily. Women should drink about 11 cups of water daily and men should drink around 16 cups of water daily.

Spice it up. Try out different kinds of iced teas or add fruit or vegetables to spice up your water (lemon, orange, cucumber, berries, or melon). Water does not have to be plain!

Avoid caffeine and sugar-sweetened drinks. The caffeine in soda can make your body lose fluids and the sugar adds calories without adding nutrients. Drinking milk, water, and other beverages with little to no sugar and without caffeine will keep you hydrated and healthy.

Making sure to stay hydrated is important to keep body temperature stable, fight off illness, deliver nutrients to all body cells, keep joints and the entire body working as it should. Drinking enough water is also good for mental health. Other benefits of hydration include:

- Good skin complexion
- Help with weight loss
- Get rid of bacteria
- Keep a healthy blood pressure
- Encourage good digestion

For more information on the benefits of hydration and how to get enough fluids, check out the CDC's page on Water and Healthier Drinks here:

https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html

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Food Safety: Clean Water

Written by Adina Miller, Purdue University Dietetics & Nutrition, Fitness, and Health '24



Water is extremely important for our health, but if harmful bacteria is in the water, it can make you sick. In an emergency, when water might have bacteria in it, drinking bottled water is the safest option. If bottled water is unavailable, there are other ways to make water safe.

Ø One way to make your water safe during an emergency is to boil the water for one minute before drinking it. Boiling water is the best way to kill harmful bacteria and viruses.

Ø Another way to make water safe is to filter it.

Most filters do not kill bacteria and viruses, but filtering water can remove harmful parasites in the water. Once the water is filtered, add a disinfectant to kill remaining bacteria and viruses. Examples of disinfectants include : iodine, chlorine, or chlorine dioxide. Again, these methods should only be used in an emergency if bottled water is not available.

Source : <https://www.cdc.gov/healthywater/emergency/making-watersafe.html> , https://www.clearwaycommunitysolar.com/wp-content/uploads/2018/02/nrgcs_blog_science-center-creating-clean-water_hero.jpg

Fruit Slush - a refreshing and hydrating drink

Ingredients

- o 2 2/3 cups cantaloupe* or watermelon*
- o 1 2/3 cups kiwi*
- (all fruits chopped, seeded, and peeled)*
- o 2 tablespoons sugar (optional)
- o 2 tablespoons lime juice
- o 2 cups water
- o Ice

Directions

1. Mix fruit, sugar, and lime juice in a blender until smooth
2. Combine fruit mix and water in a pitcher
3. Pour through strainer to get rid of pulp (optional)
4. Cover and refrigerate
5. Stir fruit slush well, and pour into glass with ice and enjoy!!

Consume this refreshing drink within a week of making it



Nutrition Facts (per serving)

Calories: 37

Protein: 1g

Carbs: 9g

Fat: 0g

*foods included in the TEFAP (The Emergency Food Assistance Program)

Source : <https://www.myplate.gov/recipes/supplemental-nutritionassistance-program-snap/fruit-slush>

Eating Right: Tips to Stay Hydrated

Written by Caroline Parker; Purdue University Coordinated Program in Dietetics '22

Water may seem ordinary, but it does a lot of important things in the body. Not drinking enough water can lead to fatigue, headaches, cramps, and low blood pressure. Therefore, getting enough water through drinking and eating is important. Fruits, vegetables, and various beverages often have a very high water content, so eating these kinds of foods can help you to stay hydrated.

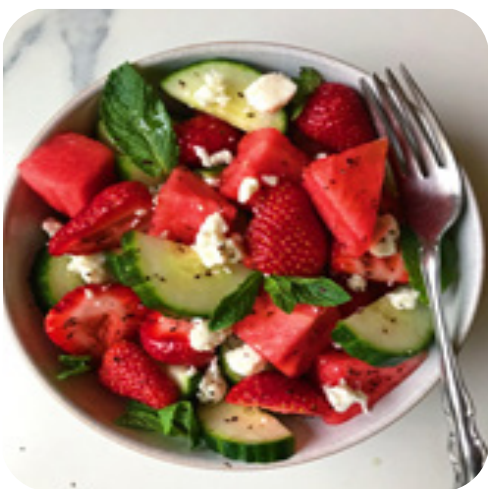
1. Watermelon is 92% water. Eating just 1 cup of watermelon provides over half of a cup of water. It is also rich in vitamins and antioxidants and low in calories, making it the perfect light snack for a hot day.

2. Strawberries are 91% water. This sweet fruit also contains fiber, antioxidants, and many vitamins and minerals that may reduce inflammation and protect against certain diseases. Strawberries can be added to many things like smoothies, salads, or homemade jam.

3. Skim milk is 91% water and compared with other beverages, the cost of skim milk is low. It is also rich in protein, calcium, vitamin B12, and more. Skim milk is a good beverage to drink after a workout because it has many nutrients your body needs like energy and protein.

4. Plain yogurt is 88% water. Like milk, plain yogurt also provides protein and important nutrients like calcium, phosphorus, and potassium. Flavored yogurt is often high in added sugars, so try buying plain yogurt and sweetening it with a bit of honey or fruit.

One of the easiest ways to check hydration, is by observing the color of your urine. One sign of good hydration is colorless, or light-yellow urine, and a sign of dehydration is dark yellow urine. Other signs of dehydration include dry mouth, fatigue, headache, confusion, and lightheadedness.



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This newsletter is edited by Adina Miller and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

In The News: Farmers Markets are back!

Written by Adina Miller, Purdue University Nutrition & Dietetics, Fitness, and Health '24

The farmers markets are back in full swing for the summer! Visit your local farmers market to pick up some fresh produce, plants, baked goods, and more. The great thing about the farmers market is that the products are made and grown by local vendors. They have put in hours of time and effort into the products that they are selling this summer. Buying these products shows support to your local vendors and their hard work in growing and making foods for the community.



Another wonderful thing about farmers markets is that many of them accept EBT cards. Visit <https://www.tristate-media.com/indiana-food-stamps/indiana-farmers-markets-directory/> to discover which Indiana farmers markets accept EBT. Learn what day your local farmers market is taking place this week, and go check it out!