

THIRSTY? Sip on This!

Fluid Facts

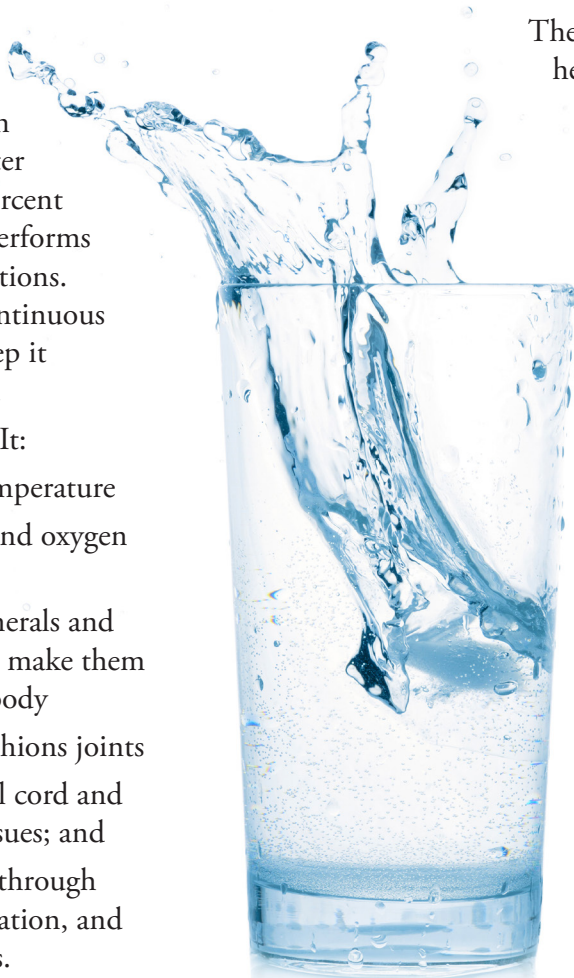
Water is the most abundant substance in the human body. Water makes up 50 to 70 percent of body weight and performs many important functions. Your body needs a continuous supply of water to keep it functioning normally.

What does water do? It:

- regulates body temperature
- carries nutrients and oxygen to cells
- helps dissolve minerals and other nutrients to make them accessible to the body
- lubricates and cushions joints
- protects the spinal cord and other sensitive tissues; and
- gets rid of wastes through urination, perspiration, and bowel movements.

Make Smart Fluid Choices

Healthy people meet their fluid needs in part from the foods they eat, especially from fruits and vegetables, which can contain lots of water. But most fluid needs are met through beverages, so it is important to choose wisely. Beverages can also contribute significantly to calorie intake, so read the Nutrition Facts label when considering what to drink.



There are plenty of options for making healthy beverage choices.

- Think nutrition. Choose beverages that provide hard-to-get nutrients. Read nutrition labels and ingredient lists to see what your favorite drinks actually contain.

TIP: Instead of soft drinks, sip on orange juice fortified with calcium and vitamin D.

- Watch the sugar! Drinking a lot of high-sugar beverages can fill you up and take the place of more nutritious foods. These drinks can also be high in calories, which could lead to weight gain.

TIP: Replace regular soft drinks with water, skim or lowfat milk, tea, or coffee.

- Monitoring your intake? Choose lower-calorie versions of your favorite beverages and pay attention to how much you drink.

TIP: Choose skim or lowfat milk, add ice to your drink, or dilute your favorite juice with calorie-free carbonated water.

- Stay hydrated throughout the day, especially during hot weather.

TIP: Have a beverage with every meal and choose beverages you like to drink. Keep a bottle of water close by or save money by using a water fountain.

Sugars in Disguise

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredient list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose



Drinks Worth Sipping On

So what are your best bets when it comes to choosing beverages?

- Choose water, diet, or low-calorie beverages instead of energy-yielding beverages, which are those that provide energy in the form of calories.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.

- Don't "stock the fridge" with energy-yielding beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink carbonated water.
- Add a splash of 100% juice to plain carbonated water for a refreshing, low-calorie drink.
- When you do opt for an energy-yielding beverage, go for the small size. Some companies are now selling eight-ounce cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-energy beverages.

Fluids play a large role in helping our bodies function at their best, so make smart beverage choices for better health.

Sip up!

References and Resources

Centers for Disease Control and Prevention:

www.cdc.gov/healthyweight/healthy_eating/drinks.html

National Dairy Council: www.nationaldairycouncil.org

U.S. Department of Agriculture Dietary Guidelines for Americans: www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf



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