

You Do The Math

We've all heard the "eight glasses a day" rule, but you may need more or less than that. To find out how many ounces of water you should be drinking daily, use this simple hydration equation.

$$\frac{\text{body weight (in lbs.)}}{2} = \text{amount of water (in oz.)}$$

Still Thirsty? Chow down!

Up to 20 percent of your day's water should come from food. Quench your thirst (and help your health) by nibbling on water-packed veggies. Try salad made with spinach, cucumbers, radishes, bell peppers and tomatoes, five ingredients that weigh in with at least 90 percent water. Talk about a liquid lunch!



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A Water Wise Guide

Put your best face forward:

Properly hydrated cells lead to more elastic skin, giving you that nice healthy glow.

Outsmart a cold:

Drinking water keeps mucus moving. That's gross, but the sticky stuff snags bacteria when you inhale. If mucus is thin, it's easier to get that cold causing junk out of your system.

Keep it moving:

Fluid keeps the cartilage in your joints nice and squishy, helping it serve its shock-absorbing purpose during your next workout (or even your walk home).

Banish the bad stuff:

The liver and kidneys, which filter waste from our bodies, need plenty of water to do their deep-cleaning work.

The Truth about Electrolytes

Getting water into the body is only the first step to hydration. To keep it there (and get it into cells and tissues), you need electrolytes like potassium and sodium. For optimum hydration, try to keep those two electrolytes in balance. Most of us get enough sodium but could use some potassium-rich foods. You know about bananas, but chard, potatoes and avocado are also good choices.

Rise and Shine

Start your day with this hydrating smoothie: It's a combo of naturally electrolyte-rich coconut water, water based fruits and almond butter, a source of hydration electrolytes sodium and magnesium.

Double Berry Smoothie

8 oz. coconut water • 1 cup frozen strawberries • 6 oz. blueberries • 1/4 cup chopped cantaloupe • 2 tbsp. almond butter

In a blender, puree all ingredients. Makes 2 servings



The Coffee Conundrum

Coffee and tea are often pegged as prime dehydrators, but caffeine shouldn't affect your hydration if you keep your intake under 250 milligrams a day—that's about two 8 oz. cups of home-brewed coffee. (In fact, you can add that 16 oz. to your daily water tally.) Any more may have a diuretic effect, so if you're pounding the java, chug more water too!

Beware the Booze

Alcohol is a proven dehydrator. When you drink booze, your kidneys get the message to release water, which is why you hit the restroom so often at the bar. Try to down a glass of water after each drink. That extra H₂O may just help you avoid that other "h" word: hangover.



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