

Hydrate Well

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Hydrate Well**. This learning module contains 9 posters and takes approximately 15 minutes to complete.

Before you get started, print the **Passport to Nutrition: Hydrate Well** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



Passport to Nutrition: Hydrate Well



Name: _____

Answer these questions as you go through the educational exhibit to reinforce your learning.

Exhibit 1: Why Drinking Water Is Important

Name the variables that determine the amount of water needed on a daily basis:

Exhibit 2: Healthy Flavored Waters

List a water combination that you would like to try:

Exhibit 3: The Truth About Juice

Drinking fruit juice provides the same amount of sugar, calories and fiber as eating whole fruit.

True or False

Exhibit 4: Soda: Sugar Sweetened

Sugar is considered an addictive substance.

True or False

Exhibit 5: The Myth About Diet Soda

List 2 potential consequences of drinking diet soda every day:

Exhibit 6: Sports Beverages

Water alone will not adequately hydrate your body when exercising moderately.

True or False

Exhibit 7: Healthy Drinks That Give You Energy

Unsweetened milks are a good source of _____ and _____ which helps build strong bones.

Unsweetened herbal teas contain _____ which protects against heart disease and cancer.

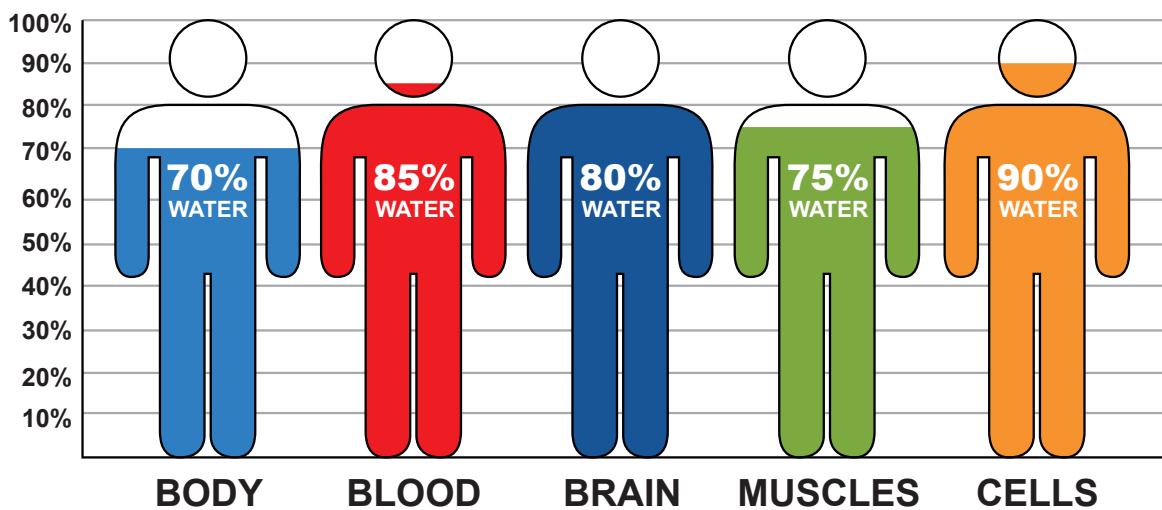
Exhibit 8: Drinks To Limit and Consume In Moderation

Daily consumption of 2 alcoholic beverages is within the recommended guidelines for alcohol consumption for a man.

True or False

Exhibit 9: Choose Your Beverages Wisely

List the drinks on this chart that you would like to consume more often:



WHY DRINKING WATER IS IMPORTANT



**Water is the healthiest drink of choice.
Drink at least eight 8-ounce glasses a day.**

The Amount of Water Needed Varies

Physical Activity:

As activity increases you will need more water.

Environment:

On hot and humid days, you will lose more water through perspiration. Heated indoor air can cause skin to lose moisture and a high altitude environment uses up more fluid reserves.

Stress:

When stressed, more sodium circulates in your bloodstream. As it exits your body, it takes extra water with it.

Dehydration

Signs that you are not drinking enough water include:

- Dry mouth
- Thirst
- Dizziness or light headedness
- Decreased urine output
- Headache



HEALTHY FLAVORED WATERS



Ways to Flavor Your Still or Sparking Water

Fruit

Apple
Cantaloupe
Strawberry
Raspberry
Orange
Pineapple
Pear
Grapefruit
Lemon
Lime
Watermelon

Vegetables

Bell Pepper
Celery
Cucumber
Tomato

Herbs & Spices

Basil
Cinnamon Stick
Mint
Ginger
Fennel

Ideas

Strawberry + Cucumber
Watermelon + Mint
Tomato + Basil
Pineapple + Mint + Ginger
Orange + Fennel
Raspberry + Orange
Tomato + Celery + Bell Pepper
Apple + Cinnamon Stick



THE TRUTH ABOUT JUICE



Insoluble fiber provided in whole fruit slows the absorption of sugar in the intestine.

- Juicing removes the skin and the pulp — removing a significant source of nutrients.
- When fruit is juiced, the natural sugars become concentrated and elevate blood sugar more quickly than whole fruit.
- Juice lacks the fiber that supports digestion and metabolism.
- Drinking fruit juice increases consumption of more calories.

Apple vs.

1 average size apple
80 calories
15 grams of sugar
4 grams of fiber

Apple Juice (4 Apples)

8 ounces apple juice
120 calories
30 grams of sugar
0 grams of fiber



Orange vs.

1 average size orange
45 calories
9 grams of sugar
2 grams of fiber

Orange Juice (4 Oranges)

8 ounces orange juice
112 calories
21 grams of sugar
0 grams of fiber



Eat the fruit. Don't drink the juice.

SODA: SUGAR SWEETENED



One 12-ounce can of soda contains 10 teaspoons/40 grams of sugar — exceeding the recommended daily limit of added sugars.

American Heart Association's Daily Added Sugar Recommendations:

| | | | | | | | | |
|----------------------|--------|--------|--------|--------|--------|---------|---------|---------|
| Total Daily Calories | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 | 2800 |
| Added Sugars g (tsp) | 16 (4) | 12 (3) | 20 (5) | 32 (8) | 36 (9) | 48 (12) | 56 (14) | 60 (15) |

World Health Organization's (WHO) Added Sugar Recommendation:

Reduce sugar intake to 6 teaspoons/24 grams a day or less

Research Shows

Consuming too much sugar on a regular basis creates a host of problems:

- **Poor nutrition:** Filling up with foods that are high in added sugar creates less room for nutritious foods.
- **Weight gain, obesity, diabetes, metabolic syndrome, and non-alcoholic fatty liver disease:** Excess sugar is converted by the liver into fat and consuming too much added sugar increases triglyceride (fat) levels. Foods with added sugars are also higher in calories and encourage the consumption of more food with sugar as sugar is an addictive substance.
- **Higher blood pressure:** Fructose raises uric acid and increases blood pressure.



THE MYTH ABOUT DIET SODA



The brain responds to artificial sweeteners different from real sugar. Artificial sweetener leaves the brain feeling like it is receiving less of a reward than expected and this can trigger consumption of something more caloric, like a salty snack or a sweet treat.

Artificial sweeteners have more concentrated sweetness than sugar.

Artificial Sweetener

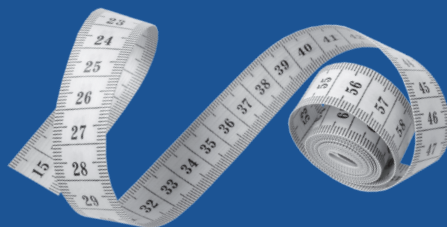
Sweeter than Sugar

| | |
|--------------|-------|
| Acesulfame-K | 200x |
| Aspartame | 180x |
| Neotame | 7000x |
| Saccharin | 300x |
| Sucralose | 600x |

Research Shows

People who drink diet soda every day:

- Increase their risk of developing metabolic syndrome by 36%.
- Have a 61% higher risk of vascular disease than those that don't drink diet soda.
- Have waist-circumference increases five times larger than non-diet soda drinkers.



SPORTS BEVERAGES



Water alone will adequately hydrate your body when exercising moderately.

- Gatorade was developed at the University of Florida in 1965 with the purpose to hydrate and replace carbohydrates and electrolytes lost by their football team players during games.
- Manufacturers now market many “sports drinks” to children and non-athletes as it has become a multi-billion dollar drink category.

Research Shows

- When a person participates in moderate physical activity (60 uninterrupted minutes), drinking plain water is sufficient to replace fluid loss.
- Sports beverages are appropriate for endurance athletes who participate in prolonged competitive tournaments, or events such as marathons and Century Rides (100 miles).
- Inappropriate use of sports drinks provides empty calories and may lead to weight gain.



HEALTHY DRINKS THAT GIVE YOU ENERGY

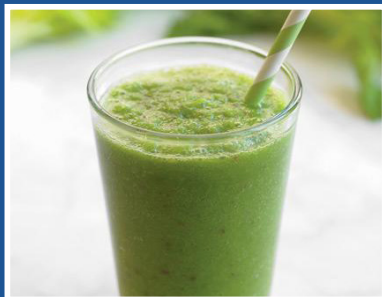
Unsweetened Herbal Teas include antioxidants to protect against heart disease and cancer.



Unsweetened Milks, including unsweetened soy milk, cows milk, almond milk, and others are a good source of protein and calcium that helps build strong bones.



Green Vegetable Smoothies with items such as spinach, kale, celery, cucumber, bell peppers, and bok choy contain ingredients that boost your immune system and metabolism. To keep your smoothie healthy, aim for greens. Enjoy occasionally, as although low in sugar, the fiber in vegetables is destroyed in the blending process.



Tip

The right travel cups and mugs make adequate hydration easy when on the go.

DRINKS

TO LIMIT AND
CONSUME IN
MODERATION



Beer. Wine. Cocktails.

Limit alcohol to occasional use and consume alcohol in moderation. Alcohol has multiple health risks, can cause cancer, and can be addictive.

- Occasional drinking is less than 2 drinks per week. Moderation is 1 drink for women and two drinks for men in a day.
- Alcohol provides empty calories and can cause weight gain.
- Excess consumption can damage the liver.
- Alcoholic beverages can interfere with sleep.



**Up to 4 cups a day is
safe for most adults**

Coffee

Black coffee or coffee with unflavored milk and no sweeteners has a high content of antioxidants to protect against type 2 diabetes, Parkinson's Disease, and liver cancer.

Too much caffeine:

- Makes you jittery and can upset your stomach.
- Causes the body to produce more urine, increasing the risk of dehydration.
- Can interfere with sleep if consumed late in the day.

CHOOSE YOUR BEVERAGES WISELY



Eat Your Calories. Don't Drink Them.

| Water | Serving Size | Sugars (g) | Calories |
|--|--------------|------------|----------|
| Still or Sparking Water Flavored with Lemon | 12 ounces | 0 | 0 |
| Coffee and Tea | Serving Size | Sugars (g) | Calories |
| Black Coffee | 8 ounces | 0 | 2 |
| Black, Green, Herbal Tea unsweetened | 8 ounces | 0 | 2 |
| Coffee with 2 tablespoons whole milk | 9 ounces | 5 | 20 |
| Black, Green, Herbal Tea with 2 tablespoons whole milk | 9 ounces | 5 | 20 |
| Coffee with 2 teaspoons sugar | 8 ounces | 8 | 34 |
| Black, Green, Herbal Tea sweetened with 2 teaspoons sugar | 8 ounces | 8 | 34 |
| Coffee with 2 tablespoons whole milk and 2 teaspoons sugar | 9 ounces | 9.5 | 52 |
| Tea with 2 tablespoons whole milk and 2 teaspoons sugar | 9 ounces | 9.5 | 52 |
| Cappuccino | 12 ounces | 7.5 | 90 |
| Café Mocha with whip cream | 12 ounces | 26 | 180 |
| Caramel Macchiato | 12 ounces | 24 | 270 |
| Juice, Soda, and Sugar-sweetened Beverages | Serving Size | Sugars (g) | Calories |
| Vegetable Juice | 12 ounces | 11 | 80 |
| Lemonade | 12 ounces | 25 | 135 |
| Soda | 12 ounces | 35 | 140 |
| Energy Drinks | 12 ounces | 29 | 160 |
| Orange Juice | 12 ounces | 32 | 165 |
| Apple Juice | 12 ounces | 40 | 180 |
| Grape Juice | 12 ounces | 60 | 255 |

Hydrate Well

Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Hydrate Well**. The Exhibit shared nutrition education and tools and techniques that will help you make more informed beverage choices throughout the day. You are now ready for the **Hydrate Well Challenge** to put these practices into daily living.