

PENNY SAVER NEWS

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Summer's getting closer, the heat is all ready here. The state is in a drought; risk of wildfires is high. Do not let your body get into drought condition! We often think that we might just get cramps if we get too dehydrated. That's not always the case. Plus, dehydration can cause mental confusion long before it becomes fatal. On the other hand, the sayings that we all should drink 8 classes of plain water a day, and that only plain water counts, are not true either. But we do need our fluids!

In a person who weighs 100 pounds, about 57 of those pounds are water. In infants the percent of body weight that is water is much higher. In overweight people and older citizens the percentage is much less, sometimes as low as 45%. Our brains are 75% water, our muscles are 80% liquid. Water carries foods in and wastes out of our bodies. It helps control our internal temperatures. If our water level gets too low, we are in big trouble. We must keep the liquids coming in.

The 8 cups a day 'rule' is not a medical necessity. Men usually need between 14 and 16 cups of liquid, while women need between 8 and 11 cups a day. But it depends on your body size and what you are doing. The longer you're out in the heat, the more you'll need. The more active you are, the more you need. Walking behind a lawn mower will make you sweat more than riding one. Playing tennis will take more water out of you than playing golf. The best way to tell if you need more is to look at your urine when you go to the bathroom. If it's pale yellow you're okay. If it's dark yellow, you need to grab a glass and drink.

There is also no 'rule' that only water will help. The only liquids that don't help are alcoholic beverages. Coffee and tea, milk and juice, soups and sodas, fruits and vegetables are all mostly water. They taste better than plain water, and actually can be more useful. The other minerals and sugars they contain help us absorb the water more quickly, and we can hang on to it longer.

The other question of course, with such a variety on the market these days, is "Which kind of water?" Basically, the answer depends on your taste and your wallet. There is no nutritional advantage to bottled, spring, purified, or any other kind of water. The flavor of bottled waters doesn't vary as much as tap water does. But municipal tap water usually gets more regular and more frequent safety tests than bottled waters do. Spring water comes from underground water that came to the surface on its own. Artesian water was underground until a well pumped it out. Mineral water could be either, but it must have at least 250 parts per liter (about a quart) of minerals, more than plain water has. Sparkling water came out of the ground naturally full of carbon dioxide bubbles. Mineral and sparkling water will have a different flavor from spring or artesian waters. Purified water could be from a spring, an artesian well or just some city's water pipes. But it was distilled, filtered, deionized or had some other treatment to remove some chemicals and maybe bacteria. Often purified water has had minerals added to it. Without some mineral and air content, water tastes flat and stale, so it can be 'flavored' with minerals after purification to make it taste better.

Water with added vitamins or other nutrients really gives us no nutritional advantage either. We get enough of the same nutrients from our foods, and we'll absorb the nutrients better from food than from water. Other than the extra costs to our

wallets (which are profits to the water bottlers), there's little danger to our health. Since we don't absorb the added vitamins as well we're not likely to get overdosed. Unless you're doing heavy exercise for 2 hours or longer, even the sports drinks are not likely to be beneficial. And they do have added sugar, so go easy on them.

Here's a fruity way to get your fluids. This recipe makes plenty, so you'll have enough to give the children when they come in from school or play. With the added sugar it won't be rock hard, they can eat it with a spoon. Enjoy!

Fruited Ice

1 cup sugar	1 cup water
1 20-oz can crushed pineapple	1 16-oz can apricot halves
1 quart fresh or 16-oz package frozen strawberries	2 bananas

Put 30 foil cupcake papers into muffin pans or in a baking pan.

Drain apricots and chop the fruit. Chop bananas. Wash and cap fresh strawberries, or thaw frozen. Chop berries. Bring sugar and water to boil in large saucepan. When it boils, remove from heat. Add fruit and mix well. Spoon into cupcake papers. Freeze until firm. Can serve on lettuce plates as a salad, or eat by spoon as a treat. Makes 30.