

# Eat Up, Drink Up!

## Other Ideas to Help Meet Your Fluid Needs

- Make a smoothie blending yogurt, juice, and fruit.
- Add lemon or lime to your water.
- Try the Spa Water Recipe below.

## Spa Water

Fill a pitcher with cool water. Add 1/2 cup thin cucumber slices and 1/2 cup fresh mint leaves. Chill and enjoy!

### Try different flavor combinations:

Thin slices: lemon, lime, orange, grapefruit, cucumber, apples, berries, melon, pineapple, fresh ginger.

Fresh whole leaves or sprigs: mint, basil, rosemary, parsley.

## 15 Foods That Can Help You Stay Hydrated

Water is the best beverage to quench your thirst and hydrate your body. It is important to drink plenty of water-especially in the summertime. You can also quench your thirst with the hydrating foods listed below, all of which are at least 90% water by weight. These high water foods are refreshing, filled with nutrients, and naturally low in calories.

- ◆ Watermelon
- ◆ Cucumber
- ◆ Iceberg Lettuce
- ◆ Radishes
- ◆ Cauliflower
- ◆ Star Fruit
- ◆ Broccoli
- ◆ Cantaloupe
- ◆ Tomatoes
- ◆ Grapefruit
- ◆ Green Peppers
- ◆ Celery
- ◆ Spinach
- ◆ Strawberries
- ◆ Baby Carrots



**The ADSS Nutrition Team, Summer Quarter 2014**

Adapted from: <http://www.cnpp.usda.gov/publications/nutritioninsights/insight27.pdf>

<http://www.ncbi.nlm.nih.gov/pubmed/16028569>

<http://www.nestlenutrition-institute.org/Education/practical-tools/Documents/>

<http://www.eatright.org/Public/content.aspx?id=7084>