

## Hydration Needs



Proper hydration is important for all bodily processes. Even fluid losses of 1-2% body weight can bring symptoms of dehydration. Institute of Medicine (IOM) recommendations for adequate fluid intake per day in healthy individuals are 130-oz. for males, and 95-oz. for females. This assumes intake

from both beverages and food. Since approximately 20% of water needs are in foods, the IOM recommends males drink 13 cups and females drink 9 cups of fluids per day. Although basic water is the best choice, fluid needs can be met from drinking a variety of beverages and broths.

However, the IOM's broad-spectrum advice can vary widely when applied to the individual. If you drink enough to quench your thirst, you feel well, and your urine is light yellow to clear, your current intake is probably adequate.

Certain conditions such as pregnancy, illness (fever, vomiting, diarrhea), environment

(temperature and humidity), and physical activity demand additional fluids however.

During vigorous exercise, it is especially important to be well hydrated. Thirst cannot be used to gauge dehydration, as the sensation occurs after fluid has been lost. Do not restrict fluids before, during, or after exercise. The goal is to consume enough fluids to compensate for losses through sweat. For instance, drinking 14 to 22 ounces of water a couple hours before physical activity, and sipping water at the rate of about one cup every 20 minutes during exercise, is a starting point for maintaining proper hydration.

## Go Nuts over... well, Nuts

Tree nuts are a great, satiating snack, and have protein, heart-healthy fats, and fiber, along with cholesterol-lowering phytosterols. Research has indicated that people who ate 1-oz servings of nuts five or more days of the week had a reduced risk of heart disease compared with people who consumed no nuts. However, they are high in calories, so exercise portion control with 1 oz. servings.

To best prepare, buy raw, unsalted varieties and toast them to bring out a richer flavor and crunch (spread nuts on a baking sheet and roast at 325 °F for 5 to 8 minutes).

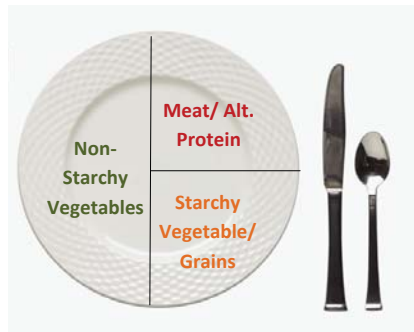
### The NUTrient Composition in 1 ounce of nuts:

- Almonds = 23 nuts (160 cal, 6 g pro., 3 g fiber, 14 g fat)
- Walnuts = 14 halves (190 cal, 4 g pro., 2 g fiber, 18 g fat)
- Pistachios = 49 nuts (160 cal, 6 g pro., 3 g fiber, 13 g fat)
- Hazelnuts = 21 nuts (180 cal, 4 g pro., 3 g fiber, 17 g fat)
- Cashews = 18 nuts (160 cal, 5 g pro., 1 g fiber, 12 g fat)



## Divvy It Up

With every meal, envision  $\frac{1}{2}$  of the plate taken up by green leafy, or non-starchy, vegetables. The other half is divided equally between meat/protein, and starchy vegetables/grains. (Starchy vegetables include potatoes, yams, corn, green peas, and winter squash.)



## Herbal Remedies?

Spring is here and in Michigan that means planting season awaits. Even if you are not much of a green thumb, why not consider planting a container garden of herbs? Adding fresh herbs to pasta, salads, and marinades pack a wallop of health benefits for only a little green. Toss out your saltshaker and consider these varieties:

**Parsley**- a great source of Vitamin C, which is a key antioxidant, and 'C' helps collagen formation and immune system function. Also a natural diuretic, parsley may help with belly bloat. Pass the tabbouleh please!

**Basil**- May help to prevent cancer by inhibiting the growth of tumors, and contains Vitamin A, manganese, and magnesium.

## Portion Control

Portion sizing isn't very glamorous, but it is key to weight management. Nutrition recommendations are based on portions, not the food manufacturer's arbitrary serving size on a package nutrition label. Here are some portion size references when you need to "eyeball" it:

- $\frac{1}{2}$  teaspoon = a finger tip
- 1 teaspoon = a thumb tip
- 2 tablespoons = 1 golf ball
- 1 small fruit = a computer mouse
- 1 medium fruit = baseball
- $1\frac{1}{2}$  ounce cheese = 6 dice

- 1-2 ounces snack food = small handful
- 3 ounces = deck of cards or palm of hand
- 1 pancake or waffle = a 4" CD
- 4 small cookies = casino chips
- $\frac{1}{2}$  cup fruit, vegetable, or cooked cereal, pasta, or rice = 1 small fist
- 1 tortilla = a small 7" plate
- 1 muffin = 1 large egg

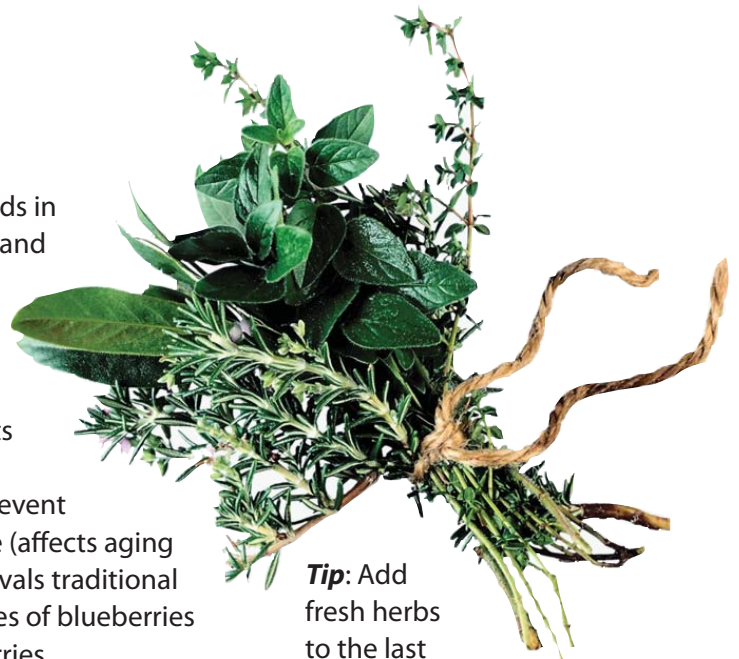
Check out WebMD's Portion Size Plate for a great visual tool: side-by-side photos of food and their reference object (<http://www.webmd.com/diet/healthtool-portion-size-plate>).

**Cilantro**- Aids in indigestion and neutralizes food-borne bacteria.

**Oregano**- Its antioxidant power to prevent cell damage (affects aging to cancer) rivals traditional powerhouses of blueberries and cranberries.

**Rosemary**- When baked with foods that are heat processed, notably bread, it has been found to reduce the amount of acrylamide, a chemical linked to breast cancer. Is also an anti-inflammatory and good for the immune system.

**Thyme**- Has anti-microbial, anti-tumor properties.



**Tip:** Add fresh herbs to the last five minutes of cooking so the oils have time to be released but not cooked out.

*Health caveat: some of these herbs contain blood-clotting Vitamin K, so people taking warfarin (Coumadin) should speak with their physician (those individuals do not want too much or too little Vitamin K).*

## Strategies for Weight Loss



**1.** You may not be eating enough calories. Your energy needs are based on your gender, age, activity level, health condition, and yes, genetics. In many instances, going below 1000-1200 calories per day will signal to your body it is in starvation mode and will hold on to the same fat stores you want to lose! The majority of people need 1800-2500 calories to maintain weight, and cutting 500 calories a day in a combination of diet and exercise should result in a pound per week weight loss.

**2.** Keep a food diary. It can be an eye opening experience to account for every morsel that enters your mouth. Try recording the time you ate, amount of food, and the reason you ate, whether you were hungry, bored, happy, etc. You may notice patterns, such as you

were starving after work and ate all the bread, along with the basket, at dinner. Or maybe because you ate an apple before going to the gym, you had the energy for a great workout. You may also notice if your food log is cluttered with foods that provide calories, but no nutritive value. If you want to go a step further, USDA's MyPyramid can help you analyze your food intake and physical activity (<http://www.mypyramidtracker.gov/>).

**3.** Eat breakfast. It is preferable that you eat within an hour of waking. Your body has undergone what amounts to a fast overnight, and stored energy known as glycogen has diminished. Eating breakfast "wakes up" your metabolism and helps you resist overeating at

lunch and throughout the day. The saying is true; breakfast is the most important meal of the day.

**4.** Try to eat every 4 to 5 hours. The constant source of fuel helps your body maintain normal function and a healthy metabolic rate. If you are awake for 16 hours, that amounts to 4 meal times or more. How you choose to divide your calories is a personal choice. For some, 5 to 6 small meals with about the same caloric content works well. Others prefer 3 squares plus snacks. (Snacks by the way, are generally 200 calories or less). You may also opt to follow the adage 'Eat breakfast like a King, lunch like a Queen, and dinner like a Pauper', meaning consume much of your energy needs at the front end of your day and then successively scale back calories with each meal.

## Shopping Tips for Lean Meat, Poultry, Fish

The American Heart Association recommends no more than 6 oz. of fish, shellfish, poultry without the skin, and trimmed lean meats, cooked, per day. That's the amount equivalent to a couple decks of cards.

When grocery shopping, use this as a guide for selecting sources of protein that are in-line with a healthy diet.

- Buy meats low in fat, typically "loin", like sirloin or tenderloin
- Ground beef labeled "round" or "chuck"
- Choose beef labeled "choice" or "select", not higher fat "prime" cuts.
- Choose meat with lowest amount of visible fat
- White meat poultry
- Ground turkey or chicken should be low fat or breast meat only
- Choose fish at least 2 servings per week, especially oily fish like tuna, salmon, sardines, and mackerel

Replace some of your meat intake with other protein sources:

- A one-cup serving of cooked beans, peas or lentils, or tofu can replace a 2-oz. serving of meat, poultry or fish. Two ounces of peanut butter counts as 1 ounce of meat.

### Sources

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- <http://www.RD411.com>
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