



# Water, Water, Water...!

School Nutrition Program  
April 2011

**W**ater comprises between 60-80% of the body's physical makeup. The brain is 70%, lean muscle is 75%, bone is 22%, and blood is **83% water!** Every system in the body depends on water. Lack of water can lead to dehydration, which occurs when there is not enough water in the body to carry out normal functions. Each day the body loses water through breath, perspiration, and digestive functions. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. Unlike some animals, such as camels, we cannot store water in our bodies. **We must consume lost fluids each day.** However, our bodies do store our food in the form of fat. This is why we can live for several weeks without food but only a few days without water.



## Remember to:

- Offer water first...
- Keep water handy...
- Dilute juices with water...
- Set an example...drink water too!



## Parents: "Water" you waiting for?!

It's best to get kids in the habit of drinking water early. A child spoiled by flavorful drinks and sodas may start to refuse water altogether! However, water is one of the most important nutrients for children. Water not only keeps children healthy but will help them perform better in school. Children should drink water after taking part in sports because even a small degree of dehydration can lead to a reduction of mental and physical performance. While water is the best choice, kids can also get water into their bodies through certain foods. Fruits and vegetables that have large amounts of water like grapes, peaches, watermelon, oranges, tomatoes, and celery are good sources of fluid for the body.

## Water's Daily To-Do List:

- Control Body Temperature
- Transport Important Nutrients
- Flush Out Toxins
- Digest and Dispose Waste
- Regulate Metabolism
- Moisturize Nose, Mouth, and Throat
- Provide Fluid for Joints

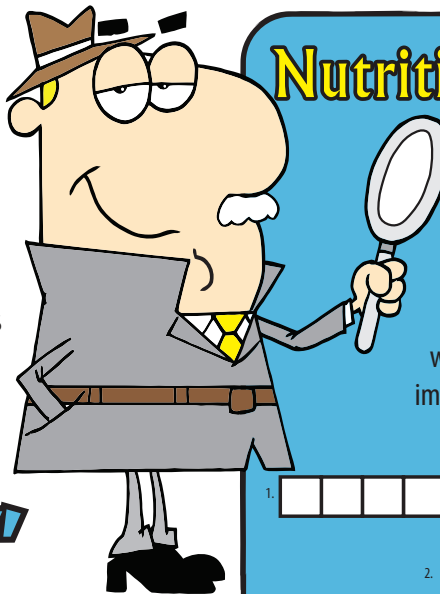
Knock, Knock.  
Who's there?  
Anita.  
Anita who?  
Anita drink,  
I'm so thirsty!



# Believable But Bogus

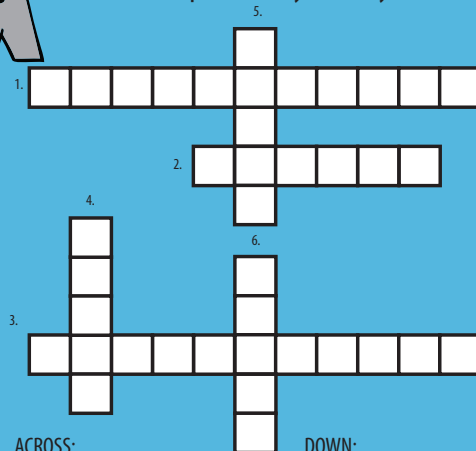
## Avoid Carbohydrates To Lose Weight.

While this statement contains some truth, a little clarification is necessary. Usually when weight gain occurs, it is because of an over consumption of ALL food groups (minus the fruits and vegetables!) So, yes, an increase in carb consumption will lead to weight gain, as will an increase in total calories, fats, and oils. The phrase "Calories in, Calories out," still holds true. Burn more calories than you consume in order to lose weight. Reducing your daily diet by 500 calories per day will result in a one-pound weight loss per week. Redirect your efforts and focus on reducing your calories and increasing your exercise.



## Nutrition Mission

Make it your mission to decode the messages below! Look back through the newsletter to remember why each of these words is important to your daily diet.



- ACROSS:
- Not enough water in the body
  - \_\_\_\_\_ juice with water
  - Dehydration can lead to a reduction in \_\_\_\_\_
- DOWN:
- Critical component of the body
  - Its 70% water!
  - Offer water \_\_\_\_\_

Answers: 1. Dehydration, 2. Dilute, 3. Performance, 4. Water, 5. Brain, 6. First

## Recipe Remix:



## "COOL" Aid

### Ingredients:

- 2 envelopes of drink mix
- 2 cups sugar
- 1 gallon of water

### Rescue with:

- 1 lemon, sliced
- 1 orange, sliced
- 1 cucumber, sliced
- 1 gallon of water

**Directions:** Place all fruits and vegetables in a pitcher and add water. Allow to infuse for two hours before serving over ice.

## FRUIT TROOPER

Pyramid Characters-Patent Pending

© 2011 Brazeal Consulting LLC, All Rights Reserved



For more information, please contact us or visit our website.

<http://www.hcbe.net/nutrition/>

Jeannine Hill, Director, jeannine.hill@hcbe.net • Meredith Potter, Dietitian, meredith.potter@hcbe.net