



Hydration and Infused Water

**Leon County Master Gardener Lunch & Learn
May 20, 2020**

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TEXAS A&M
AGRILIFE
EXTENSION

TODAY'S TOPICS

- ✓ Water's importance
- ✓ Dehydration
- ✓ Beverage options
- ✓ Flavored or infused waters
- ✓ And a few “myth or fact” challenges

We've posted some items for today's program on our website at <https://leon.agrilife.org/fch-family-community-health/hydration-infused-water>, so check those out as we go along.

Why Might You and Others Not Drink Enough Water?

don't like
the taste

bottled water
expensive

prefer other
drinks

Influenced
by others

availability

plastic bottle
overload

Is the following statement



Our bodies are only about 30% water.

Water...Can't Live Without It!

- ✓ Our bodies are about 75% water – just like the earth
- ✓ We can survive days without food, but not long without water

Hydration

providing the body with adequate and sufficient fluids to function appropriately

WATER

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR
BODY TEMPERATURE

MAKES UP 83%
OF YOUR BLOOD

REMOVES
WASTE

COMPOSES 22%
OF YOUR BONES

CUSHIONS YOUR
JOINTS

HELPS CARRY
NUTRIENTS
AND OXYGEN
TO YOUR
CELLS

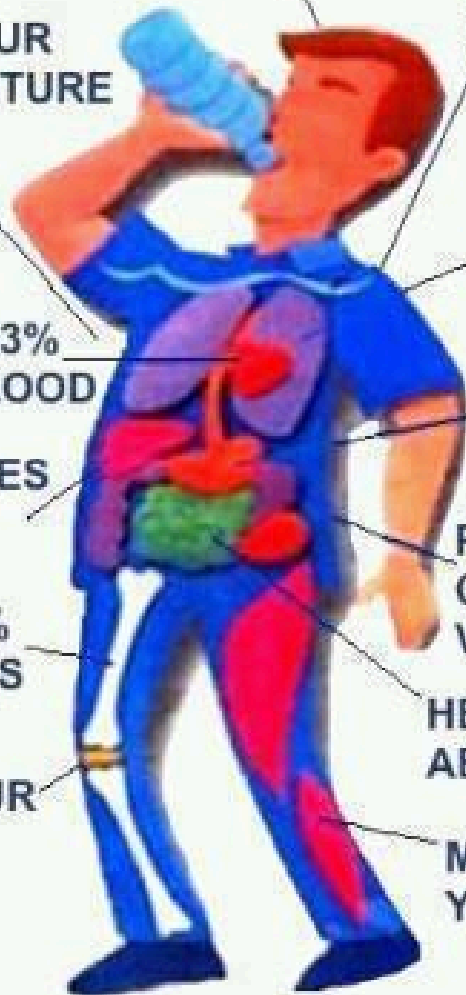
MOISTENS
OXYGEN
FOR BREATHING

HELPS CONVERT
FOOD TO
ENERGY

PROTECTS AND
CUSHIONS YOUR
VITAL ORGANS

HELPS YOUR BODY
ABSORB NUTRIENTS

MAKES UP 75% OF
YOUR MUSCLES



We Lose Water Daily

Sweat – lose
even more in
Texas heat

breathing

sickness

urination

**Have to “refill” or rehydrate
our bodies every day!**



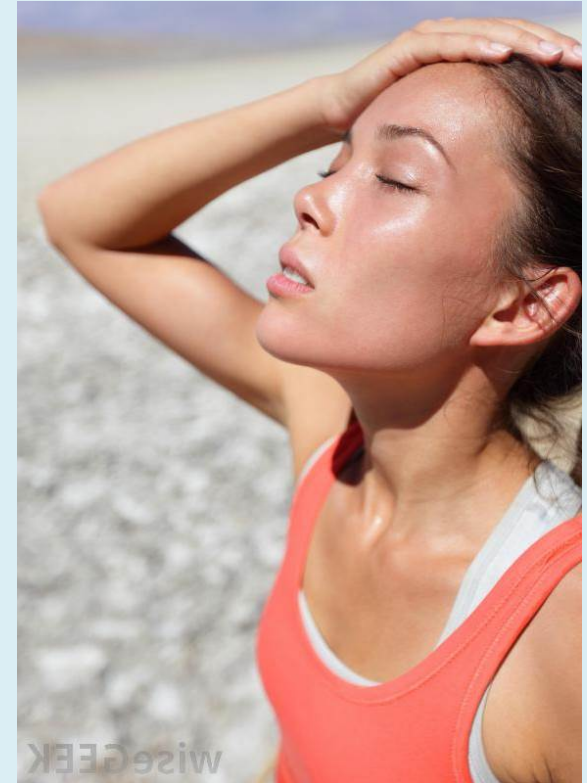
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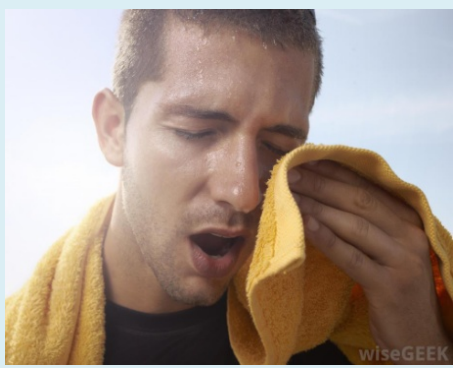
Our bodies tell us when we
need hydration.

Signs of Dehydration

- Thirst
- Dry mouth
- Little or no urine, or urine that is darker than usual
- Sleepiness or fatigue
- Headache
- Muscle cramps
- Confusion or irritability
- Dizziness or lightheaded feeling

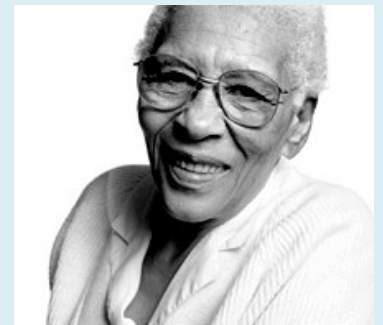


Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.



Who is at higher risk of dehydration?

- People who exercise at a high intensity
- Those with certain medical conditions, are sick, or are not able to get enough fluids during the day
- Older adults - as you get older, your brain may not be able to sense dehydration and send the signals for thirst



What Beverages Do *You* Drink?

✓ Soda

✓ Diet soda

✓ Tea

✓ Sports drinks

✓ Energy drinks

✓ Juice

✓ Milk

✓ Coffee drinks

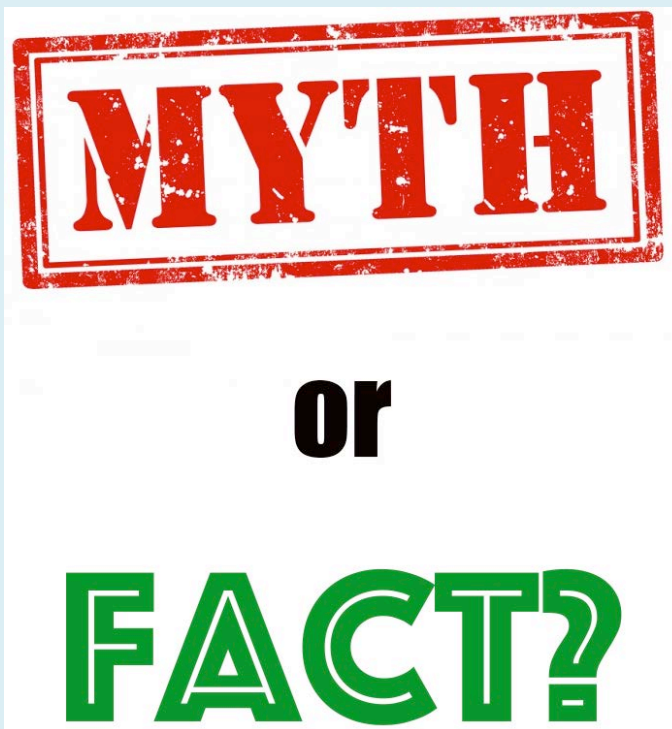
✓ Smoothies

✓ Water

✓ Beer/Wine/Liquor



Is the following statement



On average, we get a lot of the extra sugar in our diet from the beverages we consume.

Sugar Shocker

- Average American gets 270 calories – about 17 teaspoons – of added sugar each day! *FYI: 1 tsp = 4.2 g = 16 calories*
- Almost half of the added sugars in our diets comes from drinks like sodas, fruit drinks, and other sweetened beverages
- Limit calories from added sugars to no more than 10% each day
 - for a 2,000 calorie diet, that's 200 calories or about 12 teaspoons

Sugary Drinks

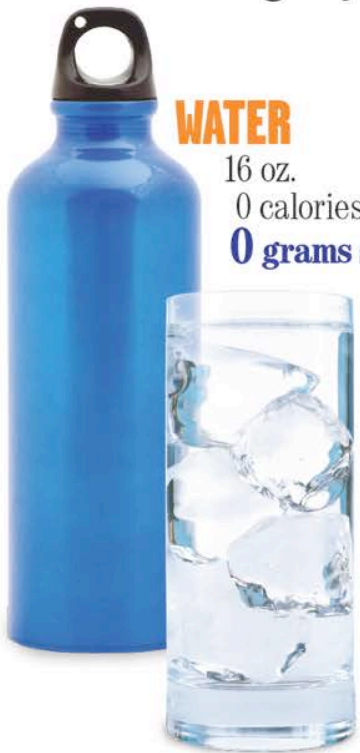
- Regular drink choice for millions, and major contributor to obesity epidemic
- Provide many calories, but often not much in the way of nutrients
- Do not make us feel full like eating the same calories from solid food
- People fail to eat less food to compensate for the high caloric content of drinks

Impact of Sugary Drinks

- Beyond weight gain, routinely drinking them can increase the risk of:
 - type 2 diabetes
 - heart disease
 - other chronic diseases
- Higher consumption of sugary beverages has been linked with an increased risk of premature death

SUGAR SHOCKERS

Drink Water instead of Sugary Drinks



WATER

16 oz.
0 calories
0 grams sugar

100% JUICE SMOOTHIE

15.2 oz. bottle ▲ 300 calories



60
grams sugar



LEMON-LIME SODA

20 oz. bottle ▲ 285 calories



77
grams sugar



ORANGE SODA

20 oz. bottle ▲ 325 calories



85
grams sugar



COLA WITH ICE

44 oz. cup ▲ 510 calories
38 oz. cola, 6 oz. ice



128
grams sugar



ICED COFFEE MOCHA FLAVOR

9.5 oz. bottle ▲ 180 calories



31
grams sugar



SPORTS DRINK

20 oz. bottle ▲ 125 calories



35
grams sugar



SWEETENED ICED TEA

16 oz. bottle ▲ 140 calories



36
grams sugar



ENERGY DRINK

15 oz. can ▲ 200 calories



54
grams sugar



100% ORANGE JUICE

8 oz. glass ▲ 110 calories



21
grams sugar



CHOCOLATE SKIM MILK

8 oz. glass ▲ 145 calories



23
grams sugar



100% APPLE JUICE

8 oz. glass ▲ 115 calories



27
grams sugar



CRANBERRY JUICE COCKTAIL

8 oz. glass ▲ 120 calories



30
grams sugar



COFFEE

8 oz. cup ▲ 0 calories



0
grams sugar

VEGETABLE JUICE

8 oz. glass ▲ 50 calories



8
grams sugar



PLAIN SOY MILK

8 oz. glass ▲ 120 calories



8
grams sugar



SKIM MILK

8 oz. glass ▲ 90 calories



12
grams sugar



One sugar cube = 2.5 grams of sugar. NOTE: Nutrition information based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube.

Liquid vs. Food Calories

A 32 oz. cola has 400 calories

That's the same amount of calories as:

- 2 bagels
- 1 1/2 c macaroni & cheese
- 1 taco, 1 enchilada
- 1 roast beef sandwich
- 3 bowls of cereal & milk
- 7 pancakes
- 5 c chicken noodle soup
- 2 brownies



Drink Options



- ✓ Water
- ✓ Milk
- ✓ 100% juice
- ✓ Water-dense foods



- Soda
- Diet soda
- Tea
- Sports drinks
- Energy drinks

Let's Review...

Fact or Myth?

Our bodies are only about 30% water.



More like 75%
More water in our bodies than any
other substance

Let's Review...

Fact or Myth?

Our bodies tell us when we need hydration.



Let's Review...

Fact or Myth?

On average, we get a lot of the extra sugar in our diet from the beverages we consume.



Making Your Own Flavored Waters

- Cost-effective and healthy alternative to what's available on the market
- Add fruits, vegetables, herbs, spices, etc. to boost flavor and nutrition
- Top a glass of water with 100% juice
- Add ice cubes made with fruits, vegetables, and/or herbs
- Try carbonated waters like sparkling water, club soda, seltzer, etc.



Tips for Infusing Water

- Can be done in glasses, jars, pitchers and refillable water bottles with or without infusion rods
- Select fruits, vegetables, herbs, spices, etc. that you like
- Can use fresh or frozen fruits and vegetables
- Cut the rind off citrus fruits before adding to water to avoid bitterness



Using an Infuser

- Cut ingredients into small chunks and add them to the infusion rod
- Fill the pitcher/bottle with water, and gently lower the rod into the water
- Infuse for a few hours at room temperature or overnight in the refrigerator – flavor intensifies the longer it sits
- These drinks do not have preservatives, so store them in the refrigerator and use within a few days



Stay Hydrated



Thank You

