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Choose to Drink More Water

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We all need WATER...as our body is 60% - 75% water. Water is part of our cells, blood, digestion, and waste elimination. Water lubricates joints and cools us through sweat.

Over 1/2 of the water you need comes from liquids and over 1/3 comes from food. It is important to drink enough water each day to be healthy. Thirst is a sign you are already dehydrated, so please don't wait until you are thirsty to take a drink.

Loss of water can cause heat exhaustion or heat stroke. Dehydration can occur when water in your body is not replaced. Symptoms include:

- Dry lips/mouth
- Fatigue
- Small amount of urine
- Dark yellow urine

WARNING SIGNS that need immediate medical attention:

- Rapid strong pulse
- Muscle weakness
- Fatigue
- Nausea
- Dizziness or lightheadedness
- Confusion
- High fever

How Much Water Do We Need?

The amount of water we need depends on our body size, physical activity and the weather.

- Adults need about 9-12 cups of water per day. Drink more water if you are pregnant, breast feeding, exercising, or working in hot weather.
- Children need less because they are smaller.
 - o 1-3 years need about 4 cups
 - o 4-8 years need about 5 cups
 - o 9-13 years need about 8 cups for boys, 7 cups for girls
 - o 11-18 years need about 11 cups for boys, 8 cups for girls

When going outside in the heat:

- Drink 2-3 glasses of water 1-2 hours before going outside.
- Take water breaks every 15 minutes
- Try to schedule the most strenuous activities for the cooler parts of the day

Moving to water

A big reason pop and flavored drinks are popular is because they are sweet and fruity. Here are some tips to make the switch:

- Move gradually from juice to water by mixing the juice with water. Use more water each time you make a mix.



- Only have water and other non-sweetened beverages available.
- Place a pitcher in the fridge that way you have cold water ready to drink and you can keep track of how much water you are drinking in a day.
- Add a squeeze of lemon or lime juice to water before serving
- Add slices of fruit (peaches, strawberries) or even a vegetable (cucumber) to flavor the water.
- Avoid sweetened iced teas & drinks with caffeine
- Lettuce, celery and other crisp vegetables are 90% or more water so snack on them.
- Fluids such as milk, 100% fruit juices, and clear soups are great sources of water

Bottled water versus tap water

In the U.S. there is no evidence that bottled water is safer or healthier than tap water. Tap water is required to meet strict federal guidelines. Bottle water does not have to meet these same standards! In fact, some bottled waters actually are tap water!

Let's Talk

Show kids the importance of drinking water. Place a flower in a cup of water; place another flower in a cup without water. Wait 24 hours. After 24 hours the flower that was not in water is wilted and drooped. The flower that was in water is fresh and pretty. Explain that the same thing happens to us. Water is needed to keep everything healthy.

Discovery Walk

You don't have to go far to have an adventure.

Set a day each week to go on a walk around your neighborhood. You could look at flowers blooming, the different kinds of trees you see, how many butterflies or birds you see. Each week observe what has changed since last week.

When you get home, have each child write down or draw something they observed. At the end of summer it will be fun to go back and see the changes in your neighborhood. Be sure to enjoy a nice cool glass of water before and after your walk! If you will be gone more than 20 minutes consider taking a bottle of water with you.



Recipe for Health:

A low-cost substitute for expensive drinks from the University of Nebraska Extension:

Homemade Sports Drink

Yield: 1 quart

4 Tbs. sugar

¼ tsp. salt

¼ cup boiling water

¼ cup orange juice or other fruit juice

3 ¾ cups cold water

- 1) Dissolve the sugar and salt in hot water
- 2) Add remaining water and juice
- 3) Refrigerate

Nutritional Information per serving (8 oz.): 60 calories, 14 g carbohydrates, 150 mg sodium, 30 mg potassium