

# Nourishing News

WATER ISSUE

April 2015

## Water: How Much is Enough?

The idea that humans need eight 8 oz. glasses of water per day is unfounded and not supported in medical and scientific literature. Our requirement for water varies based on metabolic and environmental conditions. Due to gaps in the research between what is needed and what is consumed, guidelines for water are not available to meet every circumstance or for everyone.

To further confound the research related to our body's need for water is that we not

only get water from what we drink, but also from what we eat.

Additionally, we drink not only due to thirst, but due to preference. Often we choose fluids other than water and those beverages may be high in calories. From 1989 to 2002, US intake from caloric beverages increased from 79 fl oz. to 100 fl oz. possibly contributing to excesses in body weight among Americans.



You can get some of your water needs through the foods you eat

% water	Food item
100%	Water
90-99%	Milk, melons, berries, leafy greens, celery, squash
80-89%	Fruit juices, yogurt, apples, grapes, pears, carrots, broccoli, oranges, pineapple
70-79%	Bananas, avocados, cottage cheese, corn, potatoes, shrimp
60-69%	Pasta, legumes, fish, ice cream, chicken
50-59%	Beef, hot dogs, hard cheese

**CAMPUS CUISINE**

### Simply Natural Lemony Lime Soda

Fill a tall glass with ice & seltzer water from the fountain beverage machine.

Squeeze a few lemon slices into the glass.

Add 1 sugar or sweetener packet.

Stir & enjoy!



## Skip the Soda, Make Your Own!

Commercial sodas often contain excess amounts of sugar. Research on the health effects of soda has shown links between regular & diet sodas to high blood pressure, obesity, kidney problems and even cancer, but some of the conclusions are questionable. "According to the USDA, 16% of calories in the typical American's diet come from refined sugars and half of those calories come from beverages with added sugar. Sodas used to be an occasional treat, but now they are part of the culture," per Michael Jacobson from the Center for Science in the Public Interest. Soda is also considered a significant calorie culprit in childhood obesity. A 12 oz. can of regular soda contains 150 calories and all of the calories come from sugar. Convert that can to a 20 oz. bottle and the sugar calories jump to 250! Making a low calorie carbonated beverage is easy. Even if you add 2 sugar packets to a 20 oz. glass of seltzer water, you will end up with about only 30 sugary calories.

We welcome your comments!

Contact your Dining Services team

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