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Sharing is caring with TEEA

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**Water is essential for all body functions.
 Replenish daily for good health.**

Most fruits and vegetables are full of water! Enjoy them in a Mix and Match Salad.

Some signs of dehydration are constipation, headache, confusion and low blood pressure.

Some medicines can cause water loss. Ask your doctor how much fluid is right for you to prevent dehydration.

If your urine color is amber or light brown, drink more water. Light yellow or golden is normal.

Coffee and tea provide water even though caffeine causes urination.

Mix and Match Salad

1 cup fruits and vegetables, any mixture

Some types: apple, bell pepper, berries, banana, broccoli, cucumber, cabbage, cauliflower, celery, grapes, grapefruit, mango, melon, orange, peach, pear, pineapple, salad greens.



1 to 2 Tablespoons Flavor enhancers

Savory dressing:
 1 teaspoon vegetable oil (any type), 2 teaspoons vinegar or citrus juice, salt and pepper to taste.
Sweet dressing:
 add ¼ teaspoon honey or sugar.
Yogurt dressing:
 2 teaspoons yogurt, 1 teaspoon vinegar or citrus juice, ¼ teaspoon honey (optional) and salt to taste.
Dried or fresh herbs and spices:
 basil, cilantro, dill, oregano, cinnamon, garlic or chili powder.

1 to 4 Tablespoons Nutrient boosters

Protein: nuts, seeds, fish, poultry, meat, cheese, yogurt, tofu
Calcium: cheese, yogurt, canned salmon, tofu
Fiber: beans, nuts, seeds, dried fruit



Directions:

1. Cut or grate fruits and vegetables into bite-sized pieces.
2. Add flavor enhancers and stir to mix.
3. Top with nutrient boosters, as desired.
4. Refrigerate leftovers within 2 hours.

Notes:

- Try these combinations:
- Pineapple and mango with sweet dressing and chili powder
 - Tomatoes and cucumber with savory dressing, basil and feta cheese
 - Apples and grapes with yogurt dressing, cinnamon and almonds
 - Celery and orange with savory dressing, cheddar cheese and walnuts

Milk, smoothies and soups provide water and other nutrients such as protein.

Start your day with a glass of water to rehydrate.

Try drinking fluids between meals so you don't feel too full at mealtime.

Try fluids at Different temperatures to find what you like best.

Drink most water during the day to reduce trips to the bathroom at night.

Drink Water Your Way

Make it Tasty

Try adding a splash of 100% fruit juice or a slice of fruit to your water.



Make it

Easy Keep water handy in a water bottle or cup that is easy to fill, hold and carry.



Make it Special

Add a garnish or make it fizzy with sparkling water.



Peanut Protein Smoothie for Two

Makes 2 cups Prep time: 10 minutes

Ingredients:

- 1 cup milk
- ¼ cup dry milk
- ¼ cup peanut butter
- 1 frozen banana, cut into pieces

Directions:

1. Put all ingredients in blender. Blend until smooth and serve.
2. Refrigerate leftovers within 2 hours.

Notes

- Try sunflower seed butter or any nut butter.
- No banana? Use 1 cup of any frozen, fresh or canned and drained fruit.
- No dairy? Use 1 cup lactose-free or non-dairy beverage and 20 to 30 grams of protein from any protein powder.
- For more flavor, add a dash of cinnamon or ¼ teaspoon vanilla.



Strawberry Kiwi Flavored Water

Ingredients:

- 4 strawberries
- ½ kiwi
- 4 cups water

Directions:

1. Wash and trim away the core and any bruised areas of the strawberries. Wash and peel the kiwi.
2. Slice both fruits into thin slices.
3. Add fruit to water and refrigerate for several hours to overnight to allow the most flavoring, then keep it cold to keep it safe.
4. Drink within 2 days for best quality.



Apple Cinnamon Flavored Water

Makes: 4 cups / Prep time: 5 minutes

Chill time: 3 hours to overnight

Ingredients:

- 1/2 apple
- 1/2 cinnamon stick
- 4 cups water

Directions

1. Wash the apple thoroughly under cool running water.
2. Slice the apple into thin slices or circles, leaving the skin and core or removing either or both.
3. Add the apple slices and cinnamon stick to the water and refrigerate several hours or overnight to allow the most flavoring, then keep it cold to keep it safe.
4. Drink within 2 days for best quality.



Notes:

Keep It Safe! Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.



Hydration: Water...The Forgotten Nutrient

Water is an essential nutrient that every cell, tissue, and organ of the body needs. In fact, our bodies are made up of about 75% water. Some functions of water include:

- ◆ Transports nutrients, oxygen and wastes
- ◆ Helps medication to work properly
- ◆ Keeps skin, eyes and mouth moist
- ◆ Helps prevent constipation
- ◆ Helps temperature regulation in the body

How much water do I need every day?

Healthy adults of all ages need about six to eight glasses of water every day. During hot, humid weather or strenuous activity, fluid loss may be much higher, so fluid intakes should be higher, too. Here are some easy tips to add water to your diet.

- ◆ Take frequent water breaks throughout the day
- ◆ Start lunch or dinner with a cup of soup
- ◆ Take a bottle of water with you when you go out
- ◆ Drink milk during meals
- ◆ Enjoy decaffeinated teas and coffees
- ◆ Take time out with a friend to share a beverage

Dehydration can occur in people of all ages including older adults, infants, children, athletes, or anyone on a hot day. If you are experiencing signs of dehydration, replace lost fluids immediately. If symptoms persist, see your health care provider.

Signs of Dehydration

- ◆ Thirst, dry mouth, flushed skin
- ◆ Fatigue
- ◆ Headache
- ◆ Dizziness, weakness
- ◆ High body temperature
- ◆ Increased breathing rate, rapid pulse
- ◆ Dark yellow urine
- ◆ Skin that stays in a pinched position



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