



# June 2011: Drink to Your Health

Ask your Nutrition Educator to introduce you to one of our services below:



## Monthly Mentions

**Nutrition Tip:** Vitamin waters have become extremely popular; however most products have extra calories and are expensive. Drinking plenty of water and healthy beverages everyday is important. But, if you're not a fan of plain water, try sparkling water or add a squirt of lemon or a splash of 100% juice to your water.

**Fruit & Vegetable:** For blueberry and summer squash recipes, visit our website:

<http://www.drexel.edu/nutritioneducation>

**Now in Season:** zucchini, spinach, potatoes, green beans, eggplant, bananas, grapes, melon (honeydew), nectarines

**June Health Observations:** Men's Health Month, National Cancer Survivors Day (5), Fresh Fruit and Vegetable Month

## Nutrition Education in Action



Nutrition Educators Jim and Samantha with Nutrition Student Christina dressed for a Food Tasting at Olney West High School.

## Tasty Topics

As summer is quickly approaching, being mindful of fluid intake is essential. For the body to properly function, it is necessary to consume about 2 quarts (8 cups) of liquid per day; however, physical activity, illness, and heat and humidity may increase our fluid needs. While drinking 8 to 10 cups of water daily seems like a lot, the water content in foods or other beverages counts toward your daily fluid intake. Some of your favorite seasonal fruits and vegetables such as strawberries or cucumbers have up to 96 percent water content. According to the Dietary Reference Intakes, national survey data for adults suggest that approximately 20 percent of water intake comes from food, and the remaining 80 percent from fluids. Keep in mind that thirst is an indicator that the body is already at a point of dehydration. Make sure to guzzle (or munch throughout the day to ensure optimal fluid status.

## Nutrition Nibble

When selecting fruit beverages, the key is to purchase '100% juice' versus products that are labeled as 'juice drinks'. Why? A 'juice drink' will have varying amounts of juice (sometimes as little as 10%) with other ingredients added to them such as sugar, therefore, 'juice drinks' are missing some of the fruits' natural nutrients, like vitamins and minerals. Juices that are labeled 100% fruit juice contain a fruit's natural sugar (fructose) along with nutrients from the fruit from which they were made, with the exception of fiber. Drinking 100% juice not only counts as a serving of fruit, but also increases the variety of different fruits that are consumed each day. While drinking 100% fruit juice offers many benefits, consuming any juice in excess can contribute excess calories - so enjoy in moderation.

Questions or Comments?  
Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
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Drexel University

# A RECIPE FOR A HEALTHY BODY

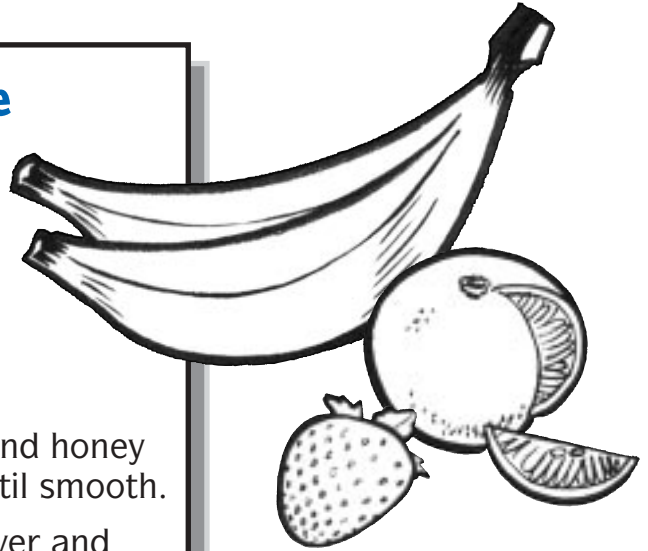
The calcium in foods like milk and yogurt helps keep your bones healthy and strong. Many fruits, including oranges, strawberries and papaya, have the vitamin C that your body needs to heal after an injury. The potassium in bananas helps your muscles move. Mix these ingredients together, and you have a recipe for a healthy body!

Read the recipe for a fruit smoothie below. Then answer the questions.

## Favorite Fruit Smoothie

- 1/2 cup orange juice
- 1 1/2 cups yogurt
- 1 cup fresh or frozen fruit
- 1 banana
- 2 teaspoons honey
- 4 ice cubes

1. Place orange juice, yogurt, fruit and honey in a blender. Cover and blend until smooth.
2. Stop the blender. Remove the cover and drop in ice cubes. Blend until smooth.



1. If you were making a fruit smoothie, which fruits would you include? Give two examples.

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2. True or false: The ice cubes go into the blender before the yogurt.

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3. Red- and blue-colored fruits are rich in vitamin C. List one fruit that you could add to the smoothie for extra vitamin C.

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4. This recipe serves two people. But you want to make smoothies for yourself and three friends. Double the recipe. How much of each ingredient would you use? Use the back of this page for your work.

**Bonus:** Ask a family member to help you make a fruit smoothie.

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how the SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

