

The Healthy Hoya

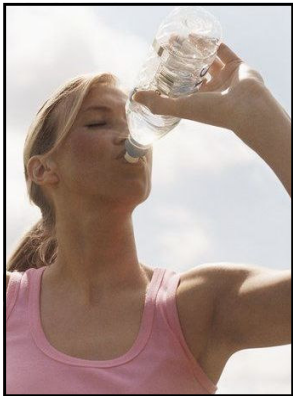


Summer 2008

dining.georgetown.edu

georgetown.campusdish.com

Stay COOL this Summer!



Water is an essential component of the human structure; it composes 75% of all muscle tissue and 10% of fatty tissue, and is a vital element of cell transport. According to the Food and Nutrition Board (2004), it is recommended that women consume 2.7 liters (91 oz.) daily and men consume 3.7 liters (125 oz.) daily through various beverages (80%) or food (20%). This means women need to drink approximately 9 cups of water/day and men need 12 cups of water/day! If you are physically active, your body needs even MORE water! Athletes should consume sports drinks during high-intensity exercise exceeding 45-60 minutes for electrolyte repletion. Good sources of water include: tap, filtered or bottled water, juice, soda, smoothies, tea, lemonade, soup and fresh fruits and vegetables.

Signs of Dehydration

Early signs of dehydration include: thirst, flushed skin, fatigue, increased body temperature, and faster breathing and pulse rate. Later signs of dehydration include: dizziness, increased weakness and labored breathing with exercise. Dehydration will lead to lack energy and muscles may cramp. Remember to drink plenty of water all day—especially if you are planning on participating in physical activity!



Did You Know?

Contrary to popular belief, scientific research indicates moderate caffeine intake does **NOT** compromise hydration status. Moderate intake of caffeinated beverages has a very mild diuretic affect, and therefore should be included when totaling daily fluid consumption.

~ ~ ~ ~

Many fruits and vegetables are good sources of water. Their water content (%) is listed:

Cucumbers	96%
Lettuce	96%
Celery	94%
Green Peppers	94%
Tomatoes	93%
Watermelon	93%
Strawberries	93%
Broccoli	91%
Carrots	88%
Oranges	86%
Apples	85%

Hydration Hints

If you are an athlete or are planning on participating in physical activity, remember these helpful hints to keep adequately hydrated.

- Drink 17-20 ounces of water (~2.5 cups) 2 to 3 hours before the start of exercise
- Drink 8 ounces of fluid (1 cup) 20 to 30 minutes prior to exercise or during warm-up
- Drink 7-10 ounces of fluid (~1 cup) every 10 to 20 minutes during exercise
- Drink an additional 8 ounces of fluid (1 cup) within 30 minutes after exercising
- Drink 16-24 ounces of fluid (2-3 cups) for every pound of body weight lost after exercise