

# Clemson Dining Services

## Nutrition News



### In the Know About H<sub>2</sub>O

For one very simple question, "How much water do I need to drink everyday," there is not one simple answer. Everyone has different hydration needs, depending on your environment, physical activity level, and your health.

#### Environment

Depending on the weather, you'll need to replace any lost fluids due to loss of moisture from sweating or being in a work or home environment that utilizes heated air for climate control. Also, altitudes greater than 8,200 feet (2,500 meters) may cause your body to increase its urinary output and cause

rapid breathing, which will sap fluid reserves.

#### Physical Activity Level

If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. An extra 400 to 600 milliliters (about 1.5 to 2.5 cups) of water should suffice for short bouts of exercise, but intense exercise lasting more than an hour (for example, running a marathon) requires more fluid intake. How much additional fluid you need depends on how much you sweat during exercise, the duration of your exercise and the type of activity you're engaged in.

#### Health

Signs of illnesses, such as fever, vomiting and diarrhea, cause your body to lose additional fluids. In these cases you should drink more water and may even need rehydration solutions, such as Gatorade, Powerade or CeraLyte/PediaLyte. Also, you may need increased fluid intake if you develop certain conditions, including bladder infections or urinary tract stones. On the other hand, some conditions such as heart failure and some types of kidney, liver and adrenal diseases may impair excretion of water and even require that you limit your fluid intake.

### Water and Your Body

Did you know that water, on average, can make up 60% or more of your body weight? Water is your body's main chemical component and it's found in every cell, organ, bone, essentially all systems of your body. Water helps to get rid of toxins, carries nutrients to your cells and provides a moist environment for your mucus membranes, like your ears, nose and throat.

Not consuming enough water can lead to dehydration and even with mild dehydration, you might feel sluggish and drained of energy.

To reiterate, the appropriate amount of water is essential for optimal performance. Check out these **5 bodily functions that water is utilized for.**

1. Protects body organs and tissues.
2. Helps prevent constipation.
3. Helps to dissolve minerals and other nutrients to make them accessible to the body.
4. Lubricates joints and regulates body temperature.
5. Lessens the burden on kidneys and the liver by flushing out waste products.

#### So how much water do you need?

According to the National Research Council, the amount of water an average adult (based on a 154 lb male) needs is 1 mL/calorie. So if you consume about 2000 calories/day, you'd need 2000 mL or 2 L of water/day. This is about eight, 8 oz glasses per day. Any deviation from an "average" lifestyle might result in an increase from this number.

To determine your daily calorie needs, check out my article on estimating energy needs by [clicking here](#).



# Lighten Up Your Spring With This Great Recipe

As the weather warms up, and winter becomes spring, more and more of us will be having those wonderful backyard BBQ's. My favorite part of BBQ's aren't the ribs or the chicken, it's the side dishes! Not all BBQ side dishes are created equal though. Many of the typical side dishes served at BBQ's aren't so healthy and some are just plain tasteless! Here's a recipe that combines great flavor, freshness, and health. Enjoy!

## Marinated Chickpea Salad

### Ingredients

- 1 1/2 cups canned chick-peas (garbanzo beans)
- 1 (8 3/4 ounce) can corn, rinsed and drained
- 1/3 cup chopped red onion
- 1/4 cup shredded carrot
- 1/4 cup finely chopped celery
- 3 tablespoons vegetable oil
- 1/4 teaspoon paprika
- 1 1/2 tablespoons cider vinegar
- 1 tablespoon white vinegar
- 1 clove garlic, minced
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/4 teaspoon pepper

### Directions:

- In a large bowl, combine chickpeas (garbanzos), corn, onion, carrot, and celery.
- In a small bowl, whisk together the oil, paprika, vinegars, garlic, mustard, salt, sugar, and pepper.
- Pour dressing over salad and mix well.
- Refrigerate at least 1 hour before serving, 2-3 hours is better.



Nutrition Facts	
Serving Size 3.47 ounce(s) (99g)	
Amount Per Serving	
Calories	133
Calories from Fat	56
	% Daily Value
Total Fat	6.2g 10 %
Saturated Fat	0.5g 2 %
Trans Fat	0.0g
Cholesterol	0.0mg 0 %
Sodium	353.3mg 15 %
Total Carbohydrate	17.4g 6 %
Dietary Fiber	2.9g 11 %
Sugars	3.8g
Protein	3.3g
Vitamin A	11 %
Calcium	2 %
Vitamin C	4 %
Iron	5 %

