

In summer, drinking 8 (or more) glasses a day is more important than ever. Hard advice to swallow? Here's how. **By Kimberly Yavorski**

# Lift That Glass

**W**hen it's hot and you've been active, out walking the dog, cutting the grass, weeding the garden, or talking a walk, you may feel thirsty and crave a cool, refreshing drink. Drink up—you're helping yourself by drinking as much as you can.

Thirst is actually a sign of dehydration. Other signs include dry mouth, headache, flushed skin, fatigue, and impaired physical per-

formance. Moderate dehydration can result in a fever, increased breathing and pulse rate, dizziness, increased weakness, and labored breathing. Severe signs are muscle spasms, swollen tongue, delirium, poor blood circulation, and failing kidney function.

When selecting a beverage, keep in mind that as you wet your whistle, you may also be taking in empty calories. For example, the calories in soda have no nutritional benefit. Better choices include a fruit or vegetable juice (which also provides essential vitamins and nutrients and counts as a fruit or vegetable serving), or a yogurt smoothie (which also adds calcium). Try to

electrolytes (minerals such as sodium and potassium, which help maintain proper water balance in the body) that are lost through sweat. However, plain water will prevent dehydration, and a good meal can provide enough sodium and potassium to replace what's lost through sweat. The extra carbohydrates in sport drinks are a boost for serious athletes, but unnecessary for the rest of us. Drinking sport drinks regularly can contribute to tooth decay.

Nutritional shakes, such as Boost and Ensure, are sources of calcium, iron, and protein. They are intended for those with increased nutritional needs such as athletes and those with special dietary needs for medical reasons. Think of them as a meal replacement or snack, rather than as a beverage.

## DRINK UP BUT WATCH YOUR CALORIES

Beverage	Calories/ 8oz. Serving
Flavored seltzers, club soda	0
Fruit juices; juice blends (cans or bottles)	110-170
Iced tea (pre-sweetened)	
powdered	90
bottled	90-120
Lemonade	
homemade	57
bottled	120
Nutritional Shakes	240
Sodas (cola, ginger ale, etc.)	90-130
Sport drinks (Gatorade, etc)	50-70
Tonic water	90
Vegetable/tomato juices	40-50
Water (tap, spring)	0
Yogurt Smoothies (using nonfat yogurt)	100-180

*These figures are based on a representative sample. Check labels for exact figures.*

get most of your calories from your meals—from drinks alone.

Sport drinks come in two basic types, fluid replenishing (such as Gatorade) and carbohydrate-loading (such as Tiger Sport). They prevent dehydration and replace

electrolytes (minerals such as sodium and potassium, which help maintain proper water balance in the body) that are lost through sweat. However, plain water will prevent dehydration, and a good meal can provide enough sodium and potassium to replace what's lost through sweat. The extra carbohydrates in sport drinks are a boost for serious athletes, but unnecessary for the rest of us. Drinking sport drinks regularly can contribute to tooth decay.

## Recipes

Make your own thirst-quenchers this summer.



### LEMONADE

1/4 cup lemon juice  
1/4 cup sugar  
Add water to make 1 gallon  
Combine ingredients. Serve chilled.

### YOGURT SMOOTHIE

1 cup nonfat plain or fruit flavored yogurt  
1 banana (or 1 cup berries)  
1/4 cup orange juice  
1 tablespoon maple syrup  
1 teaspoon vanilla  
Blend until smooth. Add variety by experimenting with different flavor combinations.

### HOMEMADE SPORT DRINK

16 oz. apple or cranberry juice  
16 oz. water  
1/2 teaspoon salt  
Combine ingredients. Serve.

## Easy Ways to Meet Your Quota

- ☞ Fill a container with 64 ounces of water. Fill your glass, teacup, etc. from it to make sure you're drinking enough.
- ☞ Drink before, during, and after exercise. Keep a water bottle handy.
- ☞ Drink before you are thirsty, and continue to drink even after your thirst is quenched.
- ☞ Drink with each meal.
- ☞ Limit caffeine and alcohol. Both cause dehydration and increase the amount you must drink.
- ☞ Liven up your water with a splash of lemon or fruit juice.

