



Family Nutrition In Action

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Drink Water Often

Our daily water intake comes from many sources. Just plain water is the best source.

Water is calorie-free, sugar-free, fat-free, caffeine-free, sodium-free, and it can be almost cost-free. Of course, if you prefer bottled water, the cost for each eight-ounce serving goes up.

A good case can be made for drinking plain water just by looking at the amount of calories in many types of popular sweetened beverages. For example, a 12-ounce can of soda contains 140-190 calories.

Many people make it a habit to drink several servings a day of sweetened beverages. If high calorie beverages are chosen, they should be chosen as an occasional treat and not as a daily habit. Follow this advice from the Dietary Guidelines for Americans:

“Take care not to let soft drinks or other sweets crowd out other foods you need to maintain health, such as low-fat milk or other good sources of calcium.”

Water Is An Essential Nutrient

Everyone needs water everyday, because everyone needs plenty of fluids everyday. Water is found inside and outside of every cell. How many times have you heard this? You can live for weeks without food. You can only survive a few days without water.

Some of the important roles of water include the following:

- Water helps your body use nutrients.
- Water helps your body get rid of wastes.
- Water helps you keep a normal body temperature.
- Water helps your body build new cells.



Does this mean that you should not drink other beverages? No! It means that you should make wise choices. For example, milk (preferably low-fat or fat-free) and juices are important sources of water and other key nutrients. Soup, though it is not a beverage, is also mostly water.

Is Water Found In Other Foods?

Water is also found in solid foods. Fresh fruits and vegetables contain high amounts of water. You should choose five to nine servings of fruits and vegetables everyday for the many nutrients they provide.



consumed as a part of your recommended servings from the fruit group and the vegetable group. You don't want to use up all of your calories on just juices, because you need to spend some of those calories on foods in the other food groups as well. Remember, a healthy diet contains the recommended number of servings from all the major food groups in the Food Guide pyramid.

What About Juices?

Since juices are important sources of key nutrients, why can't I just drink enough juice to meet my fluid needs? You need to choose a variety of foods from the fruits and vegetable group, not just juices. Juices should be

A healthy diet also contains plenty of fluids. Pay special attention to the fluid needs of small children, senior adults, and people who are very active.

Broccoli Soup (4 servings)

What you need:

Broccoli, chopped (frozen broccoli – 10 ounce package)	1 ½ cups
Celery, diced	¼ cup
Onion, chopped	¼ cup
Low sodium chicken broth	1 cup
Nonfat milk	2 cups
Cornstarch	2 Tbsp
Salt	¼ tsp
Pepper	to taste
Ground thyme	Dash
Swiss cheese, grated	¼ cup



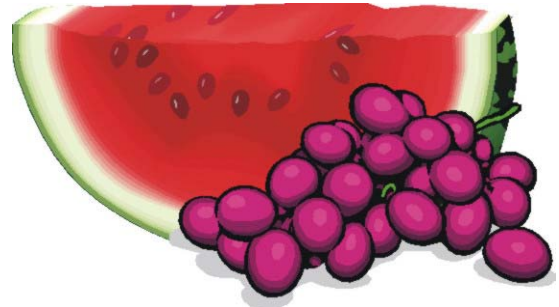
How to make:

1. Place vegetables and broth in saucepan.
2. Bring to boil, reduce heat, cover, and cook until vegetables are tender, about 8 minutes.
3. Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables.
4. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil.

5. Remove from heat.
6. Add cheese and stir until melted.

Nutrient analysis per serving:

Calories – 115 Cholesterol – 10mg
Sodium – 225mg Fat – 3g
Calories from fat – 24%



**For additional information, contact your local County
Extension Office:**



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