



Nutrition News: July 2017

Are you dehydrated?

<i>Mild Dehydration</i>	<i>Severe Dehydration</i>	<i>Preventing Dehydration</i>
Feeling thirsty	Increased heart rate and breathing	Water breaks
Having a headache	Feeling dizzy	Not skipping meals
Cramping of the muscles	Feeling delirious or confused	Check skin elasticity
Not urinating often or having dark urination	Unconsciousness	

<https://medlineplus.gov/ency/article/000982.htm>

Refreshing Drinks

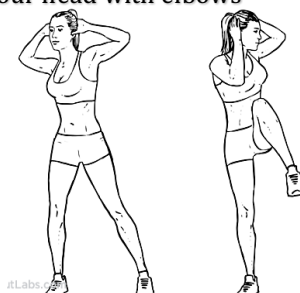
Zola Coconut Water- Zola coconut water uses coconuts and only vegan, plant-based ingredients for hydration. Delicious and hydrating, Zola coconut water is only 50 calories, containing natural electrolytes and 270 mg of potassium per serving.



Health-Ade Kombucha

July Exercise Challenge: Standing Cross-body Crunches

1. Stand up straight and bring your hands behind your head with elbows pointing to the side.
2. Twist your body. Bring your left elbow down and across your body. At the same time, raise your right knee to reach this elbow.
3. Return to the starting position and repeat on other side.
4. Continue to alternate.



Essentia Water - Essentia Water helps with rehydration and uses microfiltration, reverse osmosis and ultraviolet exposure for purification. It provides trace amount of electrolytes to complement the body's natural mix. Along with Essentia's movement to help better rehydrate, the taste is amazingly fresh!

Milk



Seltzer Water - This bubbly drink is zero calories, while still helping to curb your craving for carbonation or a soft drink. Many seltzers are flavored, sometimes naturally, to taste fruity. Check out Polar seltzer water, an Inserra Dietitian team favorite!



Strawberry Watermelon Infused Water

1. Cut ½ pint of strawberries in half
2. Cube 3 slices of watermelon
3. Slice 1 lime
4. Add ice and fruit to a large pitcher of water
5. Enjoy!



Recipe adapted from: <http://realhousemoms.com/strawberry-watermelon-infused-water/>

Would you like a copy of the Potty Mouth newsletter? Stop by your dietitian's office today! Also, visit <http://www.shoprite.com/health-wellness> for more health and wellness tips.