



Tips for a Sizzling Summer

- Make room on your grill for fruits and vegetables. Corn-on-the-cob is a classic but many vegetables grill well. Slice large vegetables like eggplant and squash or cube virtually any veggie to put on skewers for veggie kabobs. Summer fruits like pineapple and peaches are easy to grill and make a great dessert.
- Organize a family trip to pick your child's favorite fruit at a local farm. You'll get some great physical activity; delicious, healthy snacks; and a new appreciation for agriculture.
- When your activities take you outdoors, remember the sunscreen!

Inside this Issue

<i>Think Before You Drink</i>	1
<i>Are You Satisfied?</i>	2
<i>Quench that Thirst with Juicy Fruits and Vegetables!</i>	3
<i>Drop that Soda</i>	3
<i>What's the Big Sweat about Dehydration?</i>	4

University of California
Cooperative Extension in
Alameda County



1131 Harbor Bay
Pkwy, Ste. 131
Alameda, CA 94502
Ph: 5105676812
Fax: 5107489644

Think Before You Drink

Have you been watching what you eat? Do you put the same thought into what you drink? Many of us put considerable thought and planning into the foods we eat and offer our family. With all that attention focused on our plate, it is easy to forget about what is in the glass next to it. Water is the best choice for quenching thirst and it complements all types of foods, so offer it with every meal. When offering other beverages, be sure to check the ingredients and nutrition information label just as you would with any food. Milk offers considerable nutrition for its added calories, while soda and "juice drinks" add only sugar and extra calories.

When you are out and about, a cool drink can seem like a perfect break, especially in the hot summer months. Although it's easy to forget these little additions when planning your diet, the calories you drink still count as calories! Even some of the "healthy" options can pack a caloric wallop.

Smoothie shops often add sugar and other ingredients to those healthy fruits featured on the menu board, and they serve up big portions. The "original" 24 fl oz. size can have up to 840 calories, and if you opt for a "power" 30 fl oz. size you could reach 1170 calories and 30 grams of fat. That is about half of your daily allotment!

A popular sports drink has 50 calories per 8 fl oz serving but since it comes in a 32 fl oz bottle, if you drink the whole thing you will have consumed 200 calories. Because they were created for ath-



letes they go down smoothly and are designed to encourage you to drink more, so count on drinking the full 32 ounces. Those added electrolytes are unnecessary unless you are engaging in intense physical activity for an hour or more and the only other addition is sugar.

Coffee and tea are often included in diet programs. They are virtually calorie free if you drink

them plain, but the sweet and frothy drinks prepared in specialty shops are a different matter. A blended coffee drink can be 400 to 500 calories for a 24 fl oz. serving *before* you add whipped cream. Popular milk teas can contain more than 500 calories in a typical 500 ml (about 17 fl oz.) serving *before* you add pearls.



Nothing is wrong with a frosty treat every once in a while, but check available nutrition information to help you make an informed choice. Order water along with your treat and drink it first. After your thirst has been satisfied you can sip your special treat and really savor it. You might even be satisfied with a smaller size.

This summer, think before you drink!

References:

- www.jambajuice.com/menuguide
- www.gatorade.com/formula%5Fand%5Fnutrition%5Finfo
- www.starbucks.com/retail/beverages.asp
- www.tapiocaexpress.ws/services/images/Nutrition_Facts.pdf

Are You Satisfied?

Everyone has heard of the obesity epidemic. Rates of overweight and obesity have continued to climb over the last 30 years and scientists are searching for a reason. One way they do this is by looking at how the average diet has changed in those 30 years. The average American diet has changed in so many ways it is likely that many different factors play a role in our collective weight gain. Among the changes being examined is our increase in liquid calories. We now drink a greater percentage of our calories than ever before. Do we treat these calories differently and could this be making us fatter?

A study comparing subjects consuming an equal number of calories in the form of soda or jelly beans each day for 4 weeks found that those that ate the jelly beans compensated for these calories by eating less of other foods, while those drinking the soda made no compensation. As a result the soda drinkers increased their daily caloric intake and showed significant increases in weight and BMI. This study provides some evidence that people make up for extra calories they eat, but not those they drink.

Unfortunately it might not be that simple. Participants in another study were given a snack of either cola or fat-free raspberry cookies followed by a meal. Whether the meal was offered 20 minutes or 2 hours after the snack, those that ate the cookies ate about the same number of calories as those who drank the soda. This study indicates that it didn't matter whether the participants ate or drank their calories; they consumed about the same amount at their next meal. While this study seems to con-

tradict the previous study, it only recorded intakes at the meal that followed the snack, so it is possible that those who ate the cookies would compensate for these calories later in the day.

So far studies don't give a clear answer on whether liquid calories are fundamentally different than solid calories. Scientists continue to search for a physiological difference in the way our bodies and brains react to food in different forms. In the mean time, it is clear that there are *psychological* differences that play a role in how satisfied you feel after eating or drinking an equal number of calories.

One important factor is time. Because solid food often requires chewing, it tends to spend more time in the mouth and more time being tasted than a liquid. Another important factor is how we classify those calories. We are much more likely to think of a solid food as a snack or meal, while liquids are often used just to quench thirst or to accompany a meal.

To ensure you are making the most of your liquid calories, slow down and savor the beverages you enjoy most. If you are looking for a liquid to quench your thirst or help you digest your food, water is the best choice. Just like eating, drinking adds calories and that can add to your waistline. Be conscious of

everything you consume and make each calorie count. To simplify this complex issue and determine if a food *or* drink is worth its calories to you, ask yourself: "Am I satisfied?"



References:

Almiron-Roig E, Chen Y, Drewnowski A. Liquid calories and the failure of satiety: how good is the evidence? *Obes Rev.* 2003 Nov;4(4):201-12.

Almiron-Roig E, Chen Y, Drewnowski A. No difference in satiety or in subsequent energy intakes between a beverage and a solid food. *Physiol Behav.* 2004 Sep; 82(4):671-7.

DiMeglio DP, Mattes RD. Liquid versus solid carbohydrate: effects on food intake and body weight. *Int J Obes Relat Metab Disord.* 2000 Jun;24(6):794-800

Malik VS, Schulze MB, Hu FB. Intake of sugar-sweetened beverages and weight gain: a systematic review. *Am J Clin Nutr.* 2006 Aug;84(2): 274-88.

Mattes R. Fluid calories and energy balance: the good, the bad, and the uncertain. *Physiol Behav.* 2006 Aug 30;89(1):66-70. Epub 2006 Mar 6.

Quench that Thirst with Juicy Fruits and Vegetables!

Staying well hydrated is very important for your health. Drinking 8 to 10 cups of water may seem like a lot, but the water contained in your food counts towards your daily fluid intake too. In fact, food typically accounts for around 20% of your fluid needs. The water in soup and beverages is obvious, but many solid foods are mostly water too - including some of your favorite fruits and vegetables. Foods that are mostly water help you stay hydrated and may also keep you from gaining excess weight. These foods weigh a lot and take up lots of space in your stomach so you feel full, but since they are mostly calorie-free water, they tend to be low in calories.



Our own bodies are about 60% water. Check out the table below to see how some common fruits and vegetables compare.



Fruit	% water	Vegetable	% water
Apple	84	Bell Pepper	92
Banana	74	Broccoli	91
Cantaloupe	90	Celery	95
Grapes	81	Corn	74
Kiwi Fruit	84	Cucumbers	96
Orange	87	Potato	79
Peach	88	Radish	95
Strawberries	92	Tomato	94
Watermelon	92	Zucchini	95

Get the water content for more foods at: <http://www.nal.usda.gov/fnic/foodcomp/search>

References:

Nutrient Data Laboratory. USDA. Online at <http://www.nal.usda.gov/fnic/foodcomp/search>
 Water Content of Fruits and Vegetables. Cooperative Extension Service, University of Kentucky. Online at: <http://www.ca.uky.edu/enri/pubs/enri129.pdf>

Drop That Soda

Tasty, Healthy, Thirst Quenching Alternatives

- Combine your juice with bubbly water to make a “spritzer” — it gives you that soda-like experience without all the sugar and extra calories
- Add flavor to your water by adding slices of fresh fruit like lemons, limes and oranges
- Keep a cold glass of milk from adding too much fat and too many calories by choosing non-fat or low-fat instead of whole
- Try icing your favorite tea – using different herbal teas can add variety
- Make your own smoothie by blending fruit, ice and water — just don’t add sugar

Recipe: Mango-orange Cooler

2 ripe mangos
 2 cups orange juice
 8 ice cubes
 Juice of 2-3 limes
 Sparkling water
 Lime wedges

PEEL the mangos, cut off as much flesh from the pit as possible

COMBINE orange juice, mango and ice in a blender and puree until smooth

ADD lime juice to taste

POUR into a pitcher with ice cubes and let the foam settle

THIN with sparkling water and serve with a lime wedge



What's the Big Sweat About Dehydration?

Do you feel weary, cranky, and stiff? You may be dehydrated! Dehydration can cause headaches, nausea, cramps and fatigue. Kids may forget to drink or to tell you that they're thirsty. If you find your children get cranky later in the day, it might be because they're dehydrated.

Proper hydration is especially important when participating in physical activity. To avoid dehydration, consume fluid regularly during the activity and replace lost fluids by continuing to take fluids after the activity is complete. You should drink ½ – 1 cup of fluid every 15-20 minutes while exercising. Determine your fluid loss by weighing yourself before and after exercise, then drink 2 ½ cups of water for every pound lost.

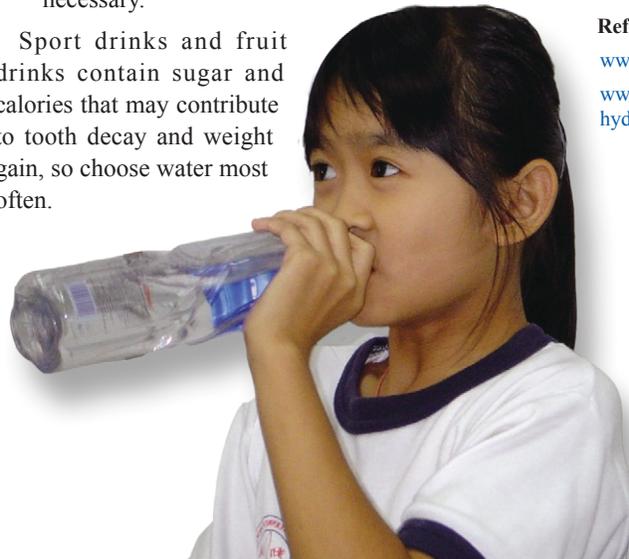
What to Drink?

- Cool water is the best fluid replacement and is most easily absorbed by the body.
- Sport drinks contain electrolytes and carbohydrates (sugar). These slow ab-

sorption and only those participating in vigorous activities for more than 1 hour will benefit.

- Diluted fruit juice may taste better than water and encourage adequate hydration but the additional carbohydrates are unnecessary.

Sport drinks and fruit drinks contain sugar and calories that may contribute to tooth decay and weight gain, so choose water most often.



Getting enough fluids:

- Prevents muscle cramps and headaches
- Boosts physical and mental endurance
- Keeps your eyes and skin moist and healthy

Reference:

www.kidshealth.org
www.mhc.uiuc.edu/Handouts/hydrate_needs_exercise.html



Funded by the USDA Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. Helping them buy nutritious food for a better diet. For more information about the California Food Stamp program call 1-800-952-5253.



The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.



University of California
 Cooperative Extension
 Alameda County
 1131 Harbor Bay Pkwy, Ste. 131
 Alameda, CA 94502

NON PROFIT ORG
 US POSTAGE
PAID
 ALAMEDA CA
 PERMIT NO 39