

Food and Fitness

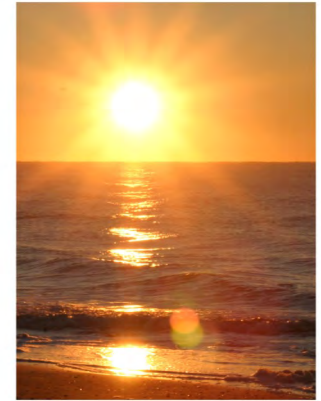
FUN WAYS TO HYDRATE IN THE SUMMER

It is getting hot outside, and getting enough water in the body to stay hydrated is very important. The general rule of thumb is to drink water whenever you are feeling thirsty. Water is one of the best ways to stay hydrated, but the fact is, water is found in many forms of beverages and foods.



Hydrating can be drinking fun beverages while also eating certain foods that contain water, and lets face it, drinking just plain water to stay hydrated isn't for everyone. There are many options for hydrating and getting enough water than just drinking plain water alone.

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FUN WAYS TO HYDRATE IN THE SUMMER

Water can be drinking many types of beverages. Now beverages with a high sugar content are not the ones we are talking about here. Water paired with added sugars are not a great option to hydrate. Drinks like coffee, tea, real fruit juice are a great way to get water as long as they are not loaded with added sugar. A lightly sweetened coffee, black tea and green tea, no matter if they are hot or cold, will do. Fruit juice, in moderation, when made from real fruit, is another option. Fruit juice can be frozen into a refreshing popsicle for a cool treat.



Flavoring water can be another good option. Some people really enjoy infused water. Infusing water can be done with fruits, vegetables, and herbs. An example would be cucumber and mint water. You can cut them and add them to water or place them into an ice tray and make fancy ice cubes. They also make flavoring that can be added to water or even machines that add in some bubbles (carbonation).

Now maybe you are a fan of plain water and just need some help drinking more. A good way is to create a challenge. Find a friend who you can create a drinking challenge with, not that you are trying to see who can drink more water but more as a motivational check in. Sometimes having a decorated or motivational water bottle can also help and taking that bottle everywhere you go.

Not only is water in our drinks, but water is also in the foods we eat. Fruits and vegetables are a great way to get more water. Not only does eating more provide great health benefits but it is also great for hydration. You can even turn them into a smoothie with other added ingredients. Another food containing water is soup which also helps with hydration.

In the summer months, it is easier to become dehydrated. Mix up your methods of hydrating to keep it fun.

Surprising Ways to Stay Hydrated



Consume more fruits and vegetables daily



Hydrate with a cold soup



Make a smoothie out of your favorite fruits and greens



Drink iced coffee or tea



Infuse water with refreshing fruits



Get a pretty water bottle to motivate hydration



Eat a popsicle



Compete with a friend and track your water intake together



Eat hydrating foods



Fill a pitcher of water for the day

@truecareny

 **TRUECARE**
INFUSION SERVICES



FRUIT—RASPBERRY

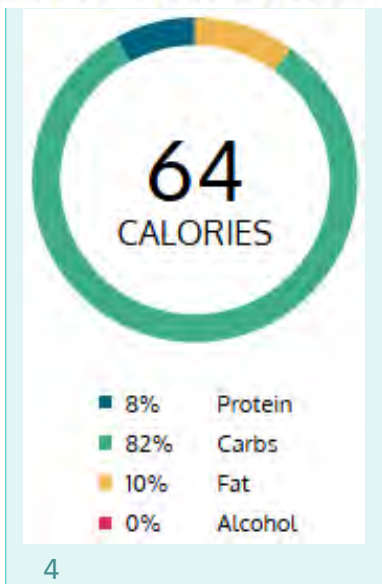
Raspberries are native to Europe and northern Asia. Raspberries can be found all across North America in all temperate zones.

Raspberries are pretty easy to grow and are often found growing wild. Raspberries can be red, black-purple, or even a yellowish gold color. The most common color in the US is red. Often people will confuse the dark purple raspberries for being black berries.

Raspberries are small berries that have a sweet flavor that is packed with juice. They can be eaten fresh or cooked in many different recipes.

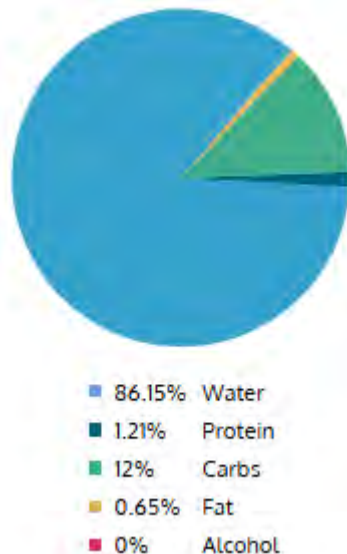
Raspberries are a great source of dietary fiber. They contain minerals such as manganese, copper, magnesium, iron, and zinc. As for vitamins, they have notable amounts of vitamin C, vitamin B5, vitamin K, vitamin E, and folate.

WHERE DO THE CALORIES COME FROM?



4

WHAT IS THIS FOOD MADE OF?



Minerals

		%DV
-- = missing data		
Weight	123g	
Calcium	30.8mg	2%
Iron, Fe	0.85mg	5%
Potassium, K	185.7mg	4%
Magnesium	27.1mg	6%
Phosphorus, P	35.7mg	3%
Sodium	1.2mg	0%
Zinc, Zn	0.52mg	5%
Copper, Cu	0.11mg	12%
Manganese	0.82mg	36%
Selenium, Se	0.25mcg	0%

NUTRITION FACTS

Raspberries

Raspberries, raw

Serving Size:

1 x 1 cup (123g) ▾



Nutrition Facts

Serving Size

1 cup (123g)

Calories 64

% Daily Value *

Total Fat 0.8g	1%
Saturated Fat 0.02g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1.2mg	0%
Total Carbohydrate 14.7g	5%
Dietary Fiber 8g	29%
Total Sugars 5.4g	11%
Includes --g Added Sugars	--%
Protein 1.5g	3%
Vitamin C 32.2mg	36%
Vitamin D 0mcg	0%
Iron 0.85mg	5%
Calcium 30.8mg	2%
Potassium 185.7mg	4%
Phosphorus 35.7mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

-- = missing data

%DV

Weight	123g	
Vitamin A, RAE	2.5mcg	0%
Vitamin C	32.2mg	36%
Thiamin (B1)	0.04mg	3%
Riboflavin (B2)	0.05mg	4%
Niacin (B3)	0.74mg	5%
Vitamin B5 (PA)	0.4mg	8%
Vitamin B6	0.07mg	4%
Biotin	--mcg	
Folate (B9)	25.8mcg	6%
Folic acid	0mcg	0%
Food Folate	25.8mcg	6%
Folate DFE	25.8mcg	6%
Choline	15.1mg	3%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	14.8mcg	0%
Carotene, alpha	19.7mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	40.6IU	
Lycopene	0mcg	
Lut + Zeaxanthin	167.3mcg	
Vitamin E	1.1mg	7%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	9.6mcg	8%

RECIPE—LIGHT AND REFRESHING FROYO BERRY BITES

Ingredients

- 1/4 cup crushed almonds
- 2 tablespoons sugar
- 2 tablespoons butter, melted
- 3/4 cup Greek yogurt, low-fat, plain
- 2 tablespoons honey
- 1 1/2 cups of fresh raspberries and/or strawberries



Recipe Received adapted: [Froyo Berry Bites | Delightfully Light and Refreshing Treats \(skinnymys.com\)](#)

Instructions

1. Line a 6-cup muffin tin with silicon or parchment cupcake liners, or add directly to nonstick muffin tin.
2. In a small bowl, stir together crushed almonds, sugar, and butter. Spoon a small amount into the bottom of each muffin cup.
3. In a medium bowl, mix together yogurt and honey. Spoon 2 tablespoons into each muffin cup, covering the crust .
4. Top with fresh chopped berries. Freeze until firm, about 6 hours. To serve, remove from silicone wrapper and allow to set at room temperature for 8-10 minutes. Enjoy!

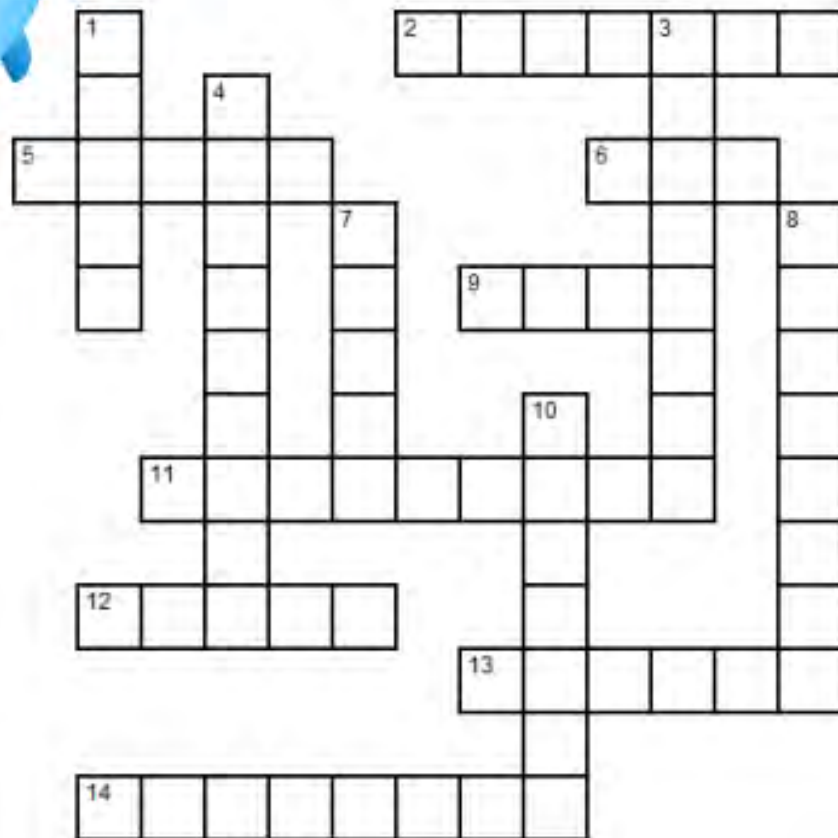
Notes: Any kind of yogurt can work with this recipe. If using a yogurt that is already flavored, just omit the honey.

BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!



OCEAN ANIMALS Crossword



ACROSS

- fat layer that keeps some marine mammals warm
- fish use these to breathe oxygen from the water
- name for a group of whales
- ocean dwellers that lay eggs and have bones
- what a shark has instead of bones
- a shark has several rows of these
- what younger whales are called
- marine animals with soft bodies and no backbone

DOWN

- small creatures that look like shrimp
- how a whale or dolphin breathes
- largest animal in the world
- bioluminescent animals make their own
- clams, oysters and scallops are all . . .
- ocean dwellers that birth live babies and nurse their young



August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Mountain Climbing Day</i>	2 <i>International Beer Day</i>	3 <i>National Watermelon Day</i>
4 <i>Friendship Day</i>	5 <i>National Oyster Day</i>	6 <i>National Fresh Breath Day</i>	7 <i>National Lighthouse Day</i>	8 <i>International Cat Day</i>	9 <i>Book Lover's Day</i>	10 <i>National S'mores Day</i>
11 <i>Son and Daughter Day</i>	12 <i>National Vinyl Record Day</i>	13 <i>Left Hander's Day</i>	14 <i>National Creamsicle Day</i>	15 <i>Tomatoes Galore Day</i>	16 <i>National Tell a Joke Day</i>	17 <i>National Thrift shop Day</i>
18 <i>National Fajita Day</i>	19 <i>National Potato Day</i>	20 <i>National Radio Day</i>	21 <i>Senior Citizen's Day</i>	22 <i>Be an Angel Day</i>	23 <i>Ride the Wind Day</i>	24 <i>National Waffle Day</i>
25 <i>National Banana Split Day</i>	26 <i>National Dog Day</i>	27 <i>Just Because Day</i>	28 <i>Stuffed Green Peppers Day</i>	29 <i>More Herbs, Less Salt Day</i>	30 <i>Toasted Marshmallow Day</i>	31 <i>International Bacon Day</i>

August Monthly Observations

- Admit You're Happy Month
- Family Fun Month
- Golf Month
- Happiness Month
- International Pirate Month
- National Catfish Month
- National Eye Exam Month
- Peach Month
- Picnic Month
- Romance Awareness Month
- Water Quality Month

