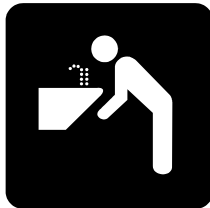
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**Avoid Dehydration:**

- Drink water and fluids whether you are thirsty or not
- Suck on ice chips or ice cubes
- Get plenty of fluids when you are ill with fever, diarrhea, nausea and/or vomiting

GLASSES RAISED TO GOOD HEALTH

It's About Balance

by Leighanna Grupp
Community Nutritionist

Most of us know the old saying you are what you eat, but have you heard, you are what you drink. Our bodies are made of about 70% water. Not like water we drink, but fluids like blood and urine. Because we are largely made up of water and our body can't make it, it's very important to get enough. We lose water everyday through sweating, breathing as water vapor, and going to the bathroom. Drinking enough water helps us stay healthy, and helps keep our bodies balanced. Water is the most important nutrient in our body and provides balance for minerals. It's always working to keep our body systems up



and running. Every cell, tissue and organ in our body needs water to function. Without enough water, we can become dehydrated, which is our body's way of saying it's out of balance. As you age, getting enough water six-to-eight, 8-ounce glasses of some fluids each day, is especially important. The older you are the more vulnerable you become to dehydration. One way to avoid this is to drink water and fluids whether you are thirsty or not. With the flu season here, water and fluids are especially important to drink if you are sick with fever, diarrhea, nausea and/or vomiting. Remember, you have to replace the water you lose in order to keep your body balanced.

Tips for Adding Water to your Daily Routine

- Always carry a bottle of water with you in the car, bus or airplane
- Never pass a drinking fountain without taking a drink
- Start meals off with a bowl of soup
- Always order a glass of water when eating out
- Replace one cup of coffee or tea with a glass of water

Water Word Hunt



F E Y O K E J S W V H T R A W
 B D I L E R S C M U T U X A G
 N A F F P H E K W G I C T U V
 T N F K H I N U H C D E H Y Q
 C O Z M L Q P Y L W R O J N W
 C M E F M K G A T F A S Y I M
 Y E U U O I L H O K I Q P D R
 E L H R Y L L U N Q M R U G S
 A L P H G R N K D Q N E D S K
 H X C R E T A W D E L T T O B
 C G Q I A K X A A I H U M U H
 E C I I S X S H E Q U T U P S
 U D N O G P J U I C E A D N Q
 G M S R T O O A K A S C G F Y
 C Q K S W C V P D P I H L T U



Find the following words in the above word search:



- BOTTLED WATER
- COFFEE
- ICE
- JUICE
- LEMONADE
- MILK
- POPSICLE
- SOUP
- TEA
- WATER FOUNTAIN



Answers to last month's crossword puzzle:

Across: 5. Green Bell Pepper 7. Pear 8. Tomato 10. Artichoke
 Down: 1. Mushroom 2. Apple 3. Carrot 4. Spinach 6. Pumpkin 9. Maize

Quick Fix Recipe of the Month

Homemade Chicken Noodle Soup

Yield: 2 servings
Serving Size: 3/4 Cup

Ingredients:

- 1 can reduced sodium chicken broth
- 1 1/2 cups enriched egg noodles
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 tablespoon dried minced onion
- 1/2 tsp garlic powder (not garlic salt)
- dash of black pepper

Method:

1. Bring broth to a boil in 3-quart saucepan.
2. Add noodles, carrots, celery, onion, garlic powder and black pepper.
3. Cook about 8-10 minutes until noodles are tender.

Nutrition Facts

Serving Size (231g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 25mg	8%
Sodium 80mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A 40%	• Vitamin C 4%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lou's

Food Safety Tip of the Month— Buy Safe Foods

Food safety begins at the grocery store. Buying foods that are safe and in good condition is an important first step in preventing food related illness at home. Unfortunately, not all foods you purchase at the store are in the best condition, some have been handled poorly, or are near their expiration date. Below are some tips that can help you to buy safe foods.



- Do not buy cans that are dented, rusted or bulging
- Cold foods should be cold to the touch
- Frozen foods should be frozen solid
- Refrigerate foods immediately
- Only buy foods that will be used by the 'use-by-date' or expiration date

Volunteers of America

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The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved—please call us at 303-297-0408.

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Dehydration— A bigger problem than you think

Dehydration is one of the most frequent causes for hospitalization in people over the age of 65. As we age, we are prone to decreased kidney function, a reduced sense of thirst and lower amounts of total body water. All of these things contribute to an increased risk for dehydration. Luckily, there are some ways we can reduce our risk for dehydration, read about them below.



- **Medications.** Certain prescriptions cause water loss, something called a *diuretic effect*. Ask your physician if

any of your medications cause this. If they do, plan on drinking extra glasses of water each day.

- **Alcohol** can lead to increased water loss and dehydration. Drink two extra glasses of water for each alcoholic beverage.
- **Caffeinated** beverages cause some fluid loss. Drink one extra glass of water for each cup of coffee, tea or soda pop.

Always ask and talk with your doctor about ways to prevent dehydration that are right for you.