

# Nutrition Tidbits

Monthly Nutrition Newsletter  
July 2008

## Tips on Staying Hydrated and Cool

- Purchase a high-quality water bottle that you can use all summer long. Keep it filled with water and with you to remind you to drink.
- Enjoy a variety of fresh fruit, as they contain high amounts of water
- Enjoy the occasional salty snack to replete sodium lost during long bouts in the sun
- Avoid dark, bulky or thick clothing in the summer months, as they cause your body to lose fluids through sweating
- Consider spray misters, cool damp cloths or even water sprays as a means to stay cool and decrease your body's need to sweat.
- Freeze fresh fruit such as banana. Roll the fruit in light yogurt, top with crushed cereal and freeze. Enjoy these tasty treats at outdoor parties or family get-togethers
- Keep a water station up in your yard for your family



## Dietitian Spotlight:

**Donna Israel, PhD, RD,  
CLT, LPC, FADA**

Since 1982, Donna Israel has been an RD in private practice. She works as a counselor, coach and facilitator to provide clarification, guidance, support, and reinforcement as clients integrate sound nutrition and lifestyle information into their personal lives.

Although her experience professionally and personally spans the lifecycle, she is recognized internationally as a gerontology specialist.

If you are over 50 or working with someone over 50 or plan to be 50 someday, her course, *Aging Gracefully* or individual counseling (in person or through cyberspace) are for you.

Donna epitomizes PNT's motto, "Nutrition is for EVERY body" as she insures a successful and fun experience with her clients while they implement strategies for avoiding heart disease, osteoporosis, high blood pressure and certain cancers...Her clients epitomize the adage, "those who say something cannot be done, need to get out of the way of those doing it."



Donna Israel, PhD, RD, CLT,  
LPC, FADA  
President & Co-Founder  
Professional Nutrition Therapists

## Keeping Hydrated in the Summer Months

Did you know that relying on your desire to drink water is not a good indicator on whether or not your body needs fluids? Our bodies are composed of mostly water, so even slight imbalances can have negative effects. In the day and age where even children are now partaking in things such as Starbuck's coffee and high caffeinated energy drinks, we need to be extra careful in the summer months of dehydration.

Caffeine has a diuretic (water depleting) effect on the body so we need to make it a priority to keep ourselves and our children well-watered. It only takes a 1-2% loss of body water to bring on symptoms of weakness and fatigue. Most of us lead very busy lives, and fatigue from slight dehydration is not something we need! In addition to fatigue, an inadequate amount of fluids can also trigger false hunger signals. This can impede our

efforts of maintaining a healthy weight, which is the goal for all of us in staying healthy overall. While weakness and fatigue are minor symptoms of dehydration, severe dehydration can lead to body shock, heat exhaustion and even heat stroke. Bottom line: Stay focused on good hydration, especially through the hot Texas summer months. A good rule of thumb is that your urine should remain colorless. If it is not, drink up!

### Do you need a sports drink?

Original sports drinks such as Gatorade, Powerade (Coca Cola) and, All-Sport (Pepsico) were made for people involved in athletics and endurance activities. These drinks replete fluid and electrolytes lost during high levels of physical activity. In general, a person needs a sports drink if they are involved in high endurance activity for at least 45-60 minutes or more where there is clear fluid loss. Otherwise, water is the best choice for you. Many children are seen drinking sports drinks instead of water due to their pleasant taste, but unless they are involved in high endurance activity for extended periods of time, water or other calorie-free beverages should be consumed instead.

If you want an alternative to plain water, the good news is that most of  
*(continued on second page)*

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<http://www.foodtherapyrd.com>



## Patriotic Parfait

4 oz Dannon Light Vanilla Activia® Yogurt

1/2 cup sliced strawberries

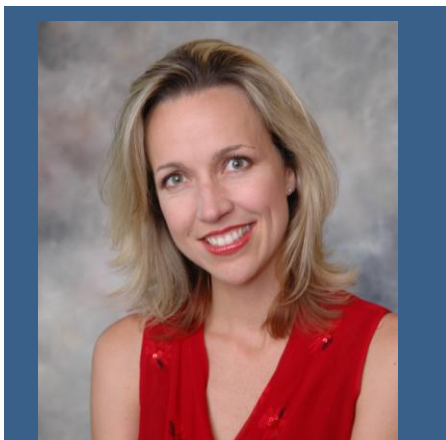
1/2 cup blueberries

Layer the blueberries, followed by the yogurt, and then top it off with strawberries to create a delectable patriotic treat.

If you desire an extra crunch, sprinkle some granola (approximately 2 tablespoons) over the top.

This provides 1 serving of fruit.

Source: Julie Howington, PNT Dietetic Intern (also helped with "Juice – Good or Bad?")



Angela Lemond, RD, LD  
Nutrition Tidbits Editor &  
Nutrition Therapist  
Professional Nutrition Therapists

## ★ Special Extended through July! ★

The EatSmart Nutrition Scale™ instantly calculates the exact values for 12 major nutrients contained in any size portion of hundreds of different foods which are programmed into the scale in the following sequence by pressing the 1/2/3/4 button on the left-hand keypad.

- Calories, Carbohydrates, Fiber
- Total Fat, Saturated Fat, Cholesterol
- Calcium, Protein, Vitamin K
- Sodium, Magnesium, Potassium

(From page 1)

the same sports drink brands also have zero calorie options. Gatorade makes Propel, Powerade has Powerade Zero and All-Sport makes All-Sport Zero. All of these come in many different flavors, so it is easy to switch over to these zero calorie alternatives.

## Get Healthy As A Group

Learning can be enhanced when you are in a group. Take advantage of PNT's group nutrition classes all continuing in July:

**Shapedown:** Pediatric weight management program focused on family-wide changes

**DAWN:** Diabetes Awareness Wellness & Nutrition geared toward pre-diabetic, diabetic or gestational diabetics.

**Aging Gracefully:** Learn to optimize your aging process through good nutrition.

**It's A Family Thing!:** Family focused solutions to getting everyone on track nutritionally together.

**Why Weight?:** Adult weight management group or individual program

Find out more about these programs at <http://www.foodtherapyrd.com> or call us at 972.238.1811. If you tell us a little about yourself, we can suggest the one that is right for you.



### Scale on sale for only \$75

Purchase an EatSmart Nutrition Scale in the month of June and receive \$15 off any nutrition service!

## Juice – Good or Bad?

You are armed with the reminder of good hydration, but you still may be unsure of what drinks are considered healthy. While fruit juices can be healthier than soda and other high-sugar/low-nutrient drinks, they still can up to a lot of calories. Even when choosing 100% fruit juice, the only thing that is left after the squeezing process is vitamin C and fruit sugar. All the other nutrients and fiber that you get from the whole fruit is lost. This is why we should limit our juice to about 6 ounces per day and focus more on eating whole fruit.

When drinking a fruit juice, it is important to make sure it is 100% juice. If it is not marked 100%, the drink may be filled with artificial flavors and sweeteners, along with extra empty calories. Here is a breakdown of juice markings:

- Juice = 100% juice
- Nectar = 25-50% juice
- Juice drink, beverage, cocktail = 10-20% juice
- Ade (Lemonade) = less than 10% juice

The take home message on drinks is simple – water is always the best choice for the body. Skim or 1% milk, vegetable juice and a maximum of 6 ounces of juice should be your only staple calorie beverages. If you need a flavored beverage, you could enjoy sugar-free soft drinks, zero calorie sports drinks or calorie-free flavored drinks such as Crystal Light® in moderation. Again, be careful of drinks that contain caffeine during outdoor activities, as they cause you to lose water.

### RELIABLE RESOURCES ON BEVERAGES & HYDRATION

American College of Sports Medicine (ACSM):

<http://www.acsm.org>

American Dietetic Association(ADA):

<http://www.eatright.org>

ACSM/ADA Position Paper on Nutrition and Athletic Performance:

[http://www.eatright.org/cps/rde/xxchg/ada/hs.xml/advocacy\\_15986\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xxchg/ada/hs.xml/advocacy_15986_ENU_HTML.htm)