

Water: Good to the Last Drop!

*Water is vital to health,
especially during warm,
summer weather.*

How much do you know about water?

Try this short quiz:



True or False:

Humans are made of at least 60 percent water by weight.



True or False:

Nearly all food contains some water and it all counts toward our needs.



True or False:

Soft water usually is fairly high in sodium.



True or False:

For safety, invest in a water bottle that can be cleaned properly instead of reusing a bottle.

How did you do?

They're all true statements.

Here's a little more information.

■ The amount of water we contain depends on how many calories we take in, our physical activity, our surroundings and other things. On a 2,000-calorie diet, we need about 8 to 12 cups of fluids from all sources every day.

■ Water in foods and beverages counts toward our needs! Fruits and vegetables are highest in water, averaging 90 percent water.

Tea, coffee and soda pop all count toward fluid needs, too. Consider the calories in sports drinks and regular soda pop. Drinking extra calories can promote weight gain. Alcohol-containing beverages don't count toward our fluid needs.

Besides "plain" water, choose nutrient-rich, hydrating beverages and foods, such as low-fat or fat-free milk, 100 percent juice and fruits and vegetables!

■ People on sodium-restricted diets (such as most people with high blood pressure) should consider their water source and other options.

■ Most commercial water bottles are not meant to be refilled and reused. Tiny cracks can form in water bottles, making them hard to clean. Invest in a sturdy water bottle that can be cleaned well. Drink up!



Visit www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I received an e-mail from my cousin about the dangers of freezing bottled water. Is it true?

Don't believe all the information you receive in e-mails or on Web sites! Some e-mails try to scare you with false information. Freezing bottled water won't hurt you. According to a researcher, freezing helps prevent any chemicals in the plastic from being released.



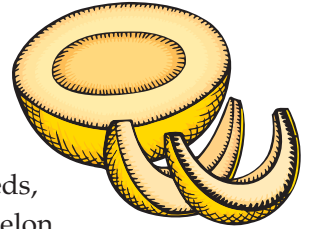
Did you know?

Minerals in "hard water," such as calcium, can be good for our health.

Hard water, however, interferes with cleaning because it forms a soap scum in the shower and may leave laundry looking dingy.

Cantaloupe Cooler

1 ripe cantaloupe*
2½ c. cold orange juice
2 Tbsp. sugar
Crushed ice



Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes. In blender, food processor or using a hand mixer, blend melon cubes with ½ cup orange juice until smooth. Pour mixture into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved. Pour into glasses filled with crushed ice.

* Try using about 3 cups of cubed, seedless watermelon or strawberries in place of the cantaloupe.

Makes eight servings. Each serving has 70 calories, no fat, 18 grams (g) carbohydrate, 1 g fiber and 45 percent of the daily recommendation for vitamin A and 40 percent of the daily recommendation for vitamin C.

◆ Snack idea: Cantaloupe Cooler and graham crackers ◆

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

