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## **Dehydration**

You may not think dehydration is a problem during the cold, winter months, but it is just as important to stay hydrated now as it is in the summer!

### **Causes of dehydration:**

- Not drinking or eating enough
- Fever
- Sweating
- Diarrhea
- Vomiting
- Certain medications (diuretics)
- Too much caffeine.

### **Symptoms of dehydration:**

- Constipation
- Dry mouth
- Sunken eyes
- Confusion

During the winter months you may not be drinking enough water as you usually do when its warm out, and foods with high water content like, fruits and vegetables, are out of season.

None of us are strangers to being sick, especially at this time of year! If you are feeling under the weather, make a conscious effort to replenish your lost fluids with water, sports drinks and fruits and vegetables.

Make sure to monitor your fluid intake and keep an eye out for symptoms of dehydration. A good rule of thumb is to drink 1 ounce of water for every 2 pounds you weigh.

(1 cup = 8 ounces)

### **TIP:**

Try flavoring your water with fruits, vegetables or even fresh herbs!

- Cut up a lime and half a cucumber, with a few sprigs of mint
- Toss them in a water pitcher
- Fill up and put in the fridge for later!



## **Fiber**

### **What if I'm not getting enough fiber?**

If you're not getting enough fiber in your diet, you may be constipated or not having regular bowel movements. It may also be a sign that you are not eating enough fruits, vegetables, or whole grains as these foods tend to be higher in fiber. Try to eat 14 grams of fiber for every 1000 calories.

### **Sources of fiber:**

- Vegetables like corn, green peas or spinach
- Whole grains, like oatmeal or bran cereal
- Fruits like berries or prunes

Remember to eat your fruits and vegetables with the skin on if edible! Most of the fiber and vitamins are in the skins!

Many fiber-rich foods also have vitamins and minerals that your body needs, such as Potassium, Magnesium and Vitamins A and C.

### **Different kinds of fiber you may see on the food label**

Soluble fiber- This kind of fiber can be found in oats, peas, beans, apples and citrus fruits. Soluble fiber dissolves in water and can help lower your cholesterol and blood sugar levels.

Insoluble fiber- This kind of fiber can be found in whole wheats, wheat bran, nuts and vegetables. This fiber does not dissolve and helps promote movement of material through your digestive system.

It is important to eat a variety of high fiber foods!

Remember, if you increase your fiber intake, make sure you increase your fluids as well. More regular bowel movements is the sign of a healthy digestive system, but will also lead to more fluids leaving your body!



