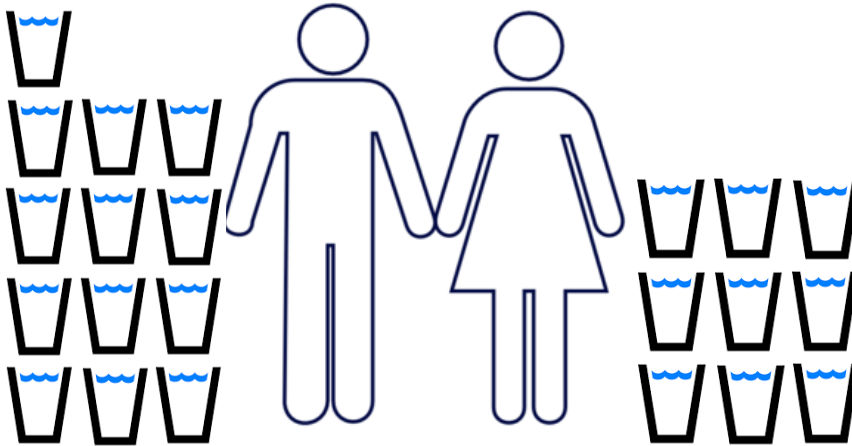


APRIL NUTRITION NEWSLETTER

Am I Drinking Enough Water??

How much water you need a day, depends on a number of different factors including your overall health, activity level, climate you live in, etc. For a guide, the Institute of Medicine determined that adequate intake for a man is 13 cups of water a day and for a woman, 9 cups of water a day. These guidelines are for an average age, healthy adult living in a temperate climate.

Higher activity levels, warmer climates and illness can increase daily water needs.



Use a reusable water bottle and fill up with the hydration stations of infused water or water fountains available all around campus.

How To Reach Your Daily Water Needs:

Set a Schedule.

If you find it hard to remember to drink water as regularly as you do in the summer, set a schedule for yourself and commit to drinking at key times of the day, such as every two hours, or when you wake up, eat meals, and go to bed. You can also cue yourself to hydrate every time you go into a meeting, start a class, or sit down to watch television.

Get Creative.

Plain old water can get boring, so indulge with flavored and infused waters that will encourage you to drink more. Choose your favorite fruits or vegetables (try berries, cucumber, or lemon) to slice and stir into a pitcher of water. Let the flavors mingle for about two hours in the fridge. Then treat yourself to tasty water breaks all day.



This monthly Nutrition Newsletter is provided by Sodexo Dining Services.



mindful.sodexo.com/

tomorrowstarts2day.com/



Got Greens?

Leafy greens are very nutrient dense—packed with lots of vitamins, minerals and antioxidants.

Fiber: Many leafy greens are great sources of fiber which keeps your feeling full and helps with weight management, especially with greens being low calorie.

Vitamin K: Vitamin K is known for its blood clotting properties and it also promotes bone health.

Calcium: Collards and Kale are rich in calcium to support teeth and bone health. Calcium also helps muscles and the heart function properly.

Antioxidant Properties: Studies have shown that the risk of certain cancers are reduced when 2-3 servings of leafy greens are eaten daily.

Ways to add more greens to your diet:

- Mix up your salads and include some different leafy greens
- Greens like spinach and kale make great additions to smoothies
- Stir-fries
- Put in a soup
- Steam them as a side dish
- Add to a sandwich instead of iceberg lettuce
- Include in an omelet



Kale



Collard Greens



Turnip Greens



Swiss Chard



Mustard Greens

Pineapple Paradise Spinach Smoothie

Boost your GREENS intake the easy way! Fresh spinach, smooth avocado, and plenty of sweet pineapple make for one tasty Pineapple Paradise Spinach Smoothie.

Ingredients:

- ¾ cup water
- 2 cups fresh or thawed pineapple chunks
- 1 medium ripe avocado, halved and pitted
- 2 cups spinach
- ½ cup ice cubes

Directions:

1. Combine all ingredients in a blender in the order listed. Blend until smooth

Recipe found at:

<http://www.culinaryhill.com/pineapple-paradise-green-smoothie/>

