

Chew On This

the LAPD Dietitian Newsletter



WATERED DOWN

How much water do we drink?

Only 1 in 5 adults drink enough water (8 cups or more), while almost 1/2 (43%) drink less than three cups daily. Even worse: the people who drink the least amount of water also eat the least amount of fruits and vegetables ... our best sources of water in food!

How much water do we need?

Generally speaking,

9 cups fluid / day for women

13 cups fluid / day for men

and all fluids (except alcohol) count.

Will drinking more water help with weight loss?

It can, if it replaces sweetened drinks or before a meal to help you feel more full. Drinking plain water won't suppress real hunger though; hydrate by eating low calorie foods like fruit or a small salad.

Water not your thing? Try these tips:

- Buy a good filter for your home and office.
- Add slices of lemon & cucumber to water & refrigerate for a couple hours. You will be amazed at how much this improves the taste!
- Drink iced tea, hot tea (green tea for less caffeine) or herbal tea (no caffeine).

Think water is boring? Try a Fruit Infuser



Where's the Dietitian? June 2015

06/03 & 04

We Deliver @ Northeast
on-site nutritional counseling

06/09 & 10

We Deliver @ Rampart
on-site nutritional counseling

06/23 & 25

We Deliver @ Topanga
on-site nutritional counseling

- Try natural flavored water* such as HINT water or Metromint. If you like fizzy drinks, try sparkling water or kombucha, a low-sugar probiotic drink.
- Eat more vegetables and fruits! Shoot for 5 cups/day.

**Limit waters flavored with artificial sweeteners*

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BSS Valley Ofc (in Civic Center)
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