



# WIC Healthy Family Newsletter

Spring 2006

## Drink Up

Adequate fluid intake is important, especially during the hot, summer months. The human body constantly needs fluid. The body loses water during the day through sweating and urine output. Fluid is necessary to maintain proper body temperature, to lubricate the bones and joints, and protect the body's organs.

### Not Enough!

Not drinking enough fluid throughout the day can lead to dehydration. Signs and symptoms of dehydration include: dry mouth, thirst, lightheadedness, dark urine, and decreased urine output. Severe dehydration can cause kidney failure and be life threatening.

### Too Much!

Drinking too much water in a short period of time can lead to water intoxication. Excess fluid is absorbed in the blood and can build up in the brain and lungs. Signs and symptoms of water intoxication include: confusion, irregular heartbeat, diarrhea, vomiting, and frequent urination. Water intoxication can lead to seizures, coma and even death.

### The Top Three Beverages for Your Family:

- ① **Water** by far is the best. It is fat free and has no calories. The body easily and quickly absorbs water. How much water do you need? Enough to quench your thirst.
- ② **Milk** is rich in calcium, which is necessary to build strong, healthy bones. Whole milk can be given to children beginning at one year. Giving your child whole milk before age one is not recommended because the child cannot

handle the milk. At two years, children can start drinking low fat milk. Children over one year old need 16 ounces of milk a day. For adults, skim and 1% milk are healthier choices.

- ③ **Juice** is loaded with vitamins and minerals. For example, fruit and vegetable juices are good sources of Vitamin C. Vitamin C acts as an antioxidant, which protects the body from illness. Vitamin C is also needed for the production of collagen, a protein, which helps build healthy skin, bones, and teeth. Juices high in Vitamin C include orange juice, tomato juice, and guava juice. Limit juice to one four ounce glass a day for adults and four to six ounces a day for children.

### Parenting Tip:

Go Easy on the Juice and Sodas!  
Soft drinks, sweet tea and fruit juices are loaded with sugar. Too much sugar can lead to dental cavities. To protect your child's teeth, limit their intake of sugar drinks.

### Juice up with Calcium!

Some brands of orange juice, such as Minute Maid and Tropicana are fortified with calcium. So if you or your child are not milk lovers or are allergic to dairy products or are lactose intolerant, orange juice is another way to get calcium in your diet.