

# Grill Me About... Elimination & Hydration

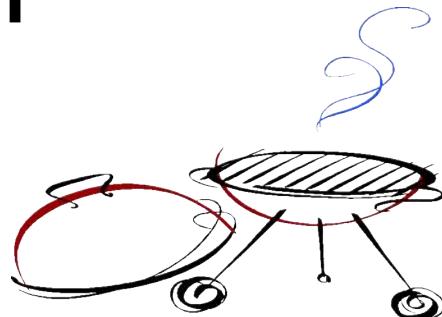
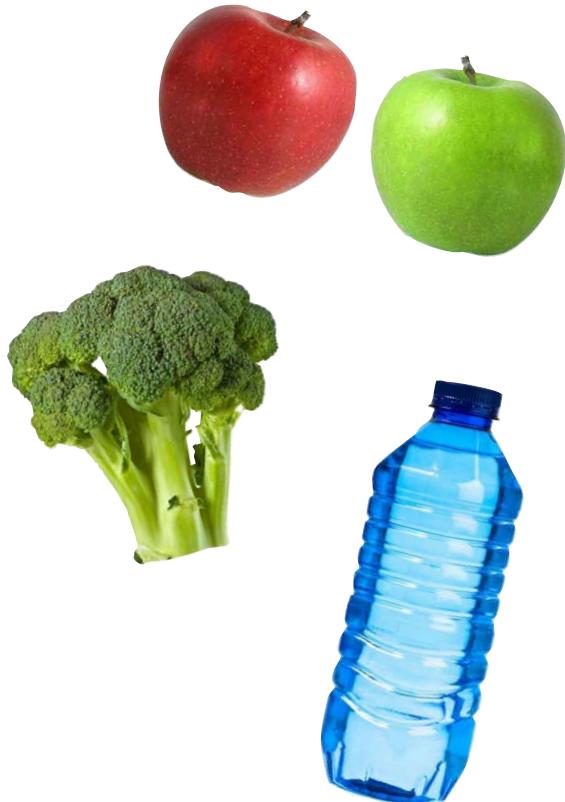


Ask me what I learned about elimination and hydration in my GrowingGreat classroom nutrition lesson:

1. Where is waste stored before it is eliminated?
2. What foods help with elimination?
3. What is the single most important liquid we need to stay healthy?

## Answers:

1. The large intestine.
2. Whole, fresh fruits and vegetables and whole grains. They are rich in fiber.
3. Water!



## Hydrating Your Athlete

### **Pre game:**

Hydrate during the two hours before the game by drinking two cups of water (try to consume 1/4 cup each 15 minutes).

### **During the game:**

Sip on water throughout the game. During half time, snack on a seasonal fruit such as watermelon, orange slices, or grapes for energy and re-hydrating.

### **Post game:**

Drink 1 cup of water or make your own sports drink:

#### **Electrolyte-type drink**

$\frac{3}{4}$  cup water  
Juice of one orange or tangelo  
1 tsp of honey or Agave nectar  
Pinch of sea salt

Stir all ingredients together and serve at room temperature or chilled.

# Classroom Nutrition Lesson #5: Elimination and Hydration



## NATURE'S SPORTS DRINK

In the 1960s, a nephrologist (kidney expert) who helped care for student athletes at the University of Florida developed a drink that he hoped would be close to the fluid most needed to refresh the exercising human body. The product was named Gatorade® by merging the university's mascot, the Gator, and a then popular fruit flavored drink, Kool-Aid®. Since the late 1960s, the marketing and advertisements for this and competing sports drinks have attempted to convince consumers that sports drinks not only are beneficial but are necessary for top performance. In reality, only endurance athletes have a requirement to replace lost electrolytes. For the rest of us, especially our children, water is the ultimate sports drink. Free from unnecessary calories, sugars, salts, preservatives and artificial colors and flavors, water replenishes lost fluids, flushes toxins from the body, keeps immunity strong, maintains regular bowel movements and increases energy.

### Are you well hydrated?

Signs that you need to drink more water include:

- Nausea
- Confusion
- Lack of concentration
- Tiredness
- Headaches
- Dry mouth
- Constipation

### How much water?

Experts recommend drinking 8-10 glasses of water per day, with a cup equaling eight ounces.

### How to do it

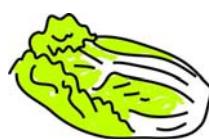
If you need to increase your water consumption, do so gradually, adding an additional 8 ounces per day until you reach your goal. Your body will adjust to the increase resulting in fewer trips to the restroom.

## Additional benefits of fruits and vegetables!

Did you know the digestive system uses two gallons of water per day! No wonder a major cause of constipation is insufficient water consumption. But no one can drink two gallons of water per day. That is where fruits and vegetables come in as they are naturally high in water content. Make it a goal to eat seasonal, fresh fruits during warm days and sports activities to help your body stay hydrated. Check out the water content in the following foods:



Watermelon—97%



Lettuce—93%



Broccoli—91%