

# Welcome to the July Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite Wellness



If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit [www.shpnc.org](http://www.shpnc.org) to learn more.

For future Wellness Lunch and Learn events or recordings of previous events, visit <https://oshr.nc.gov/wellness-webinars>.

**Let's Lunch and Learn!**



# Hydration

By Katie Godin, RD, LDN

**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management



Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# What does water do for your body?

- Your body is made up of 50-70% water, and every cell, tissue and organ in your body needs water to function properly.
  - Brain/Heart = 73%
  - Lungs = 83%
  - Skin = 64%
  - Muscles/Kidneys = 79%
  - Bones = 31%
- Water in the body is responsible for:
  - Getting rid of wastes (urination, perspiration and bowel movements)
  - Carrying oxygen to cells
  - Normalizing temperature
  - Lubricating/Cushioning joints
  - Protecting sensitive tissues
  - Essential for our senses to work properly





# Some benefits of adequate hydration:

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- Increased longevity
- Bowel regularity (specifically decreased constipation)
- Less brain fog
- Kidney stone prevention
- Increased energy
- Weight management (specifically when fluids replace snacking outside of hunger and when water replaces sugar-sweetened beverages).



# Fluids: How much do we need each day? Are we overcomplicating things?

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- Do we all need to be drinking 64 oz/day? Where did this recommendation come from? What other studies are showing ...
- What's a realistic goal? Can we drink too much?
- Most importantly – listen to your body. Drink when you're thirsty!





# What factors affect your daily requirements?



Age

Metabolism/Muscle Mass

Sex

Activity Level

Climate / Where you live

Pregnant/Lactating Women

Illness / Co-Morbidities

# DEHYDRATION SYMPTOMS



## Signs of Dehydration?

- Overwhelming sense of thirst
- Dark yellow urine (typically has a strong smell as well)
- Not much urine output / Fluid retention
- Headaches
- Rapid heartbeat
- Muscle cramps (if active)
- Dizzy/Lightheadedness
- Dry mouth/lips
- Sunken eyes
- Dry skin





## Those at risk of dehydration are:



- Diagnosed with Diabetes
- Being sick/Fever
- Overexposure to sun
- Excess alcohol intake
- Increased sweat post-exercise
- Diuretics (medications that increase urine output)
- Age (elderly) – as we age our thirst sensation decreases





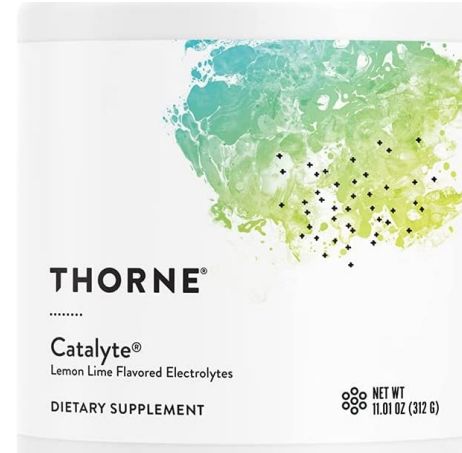
## What fluids count towards your daily total?

- Fluids to focus on
  - Water
  - Unsweetened beverages
  - Milk
  - Herbal Teas
- Caffeinated beverages?
- Alcohol?
- Sugar Sweetened Beverages?



# What about Electrolytes?

- What are they?
  - They help maintain fluid balance in and out of cells. You lose electrolytes specifically when you sweat (specifically sodium).
  - Electrolytes specifically are sodium, magnesium, potassium, calcium, chloride, phosphate and bicarbonate
- When do you need them?
  - During periods you are at risk of dehydration. Most people can maintain adequate hydration without using them. Avoid using them daily in excess – you may be at risk of consuming too much.
  - Exercise duration is 75 min or > , specifically when outdoors.
- What beverages have them added?
  - Coconut Water
  - Sports Drinks
  - Cows' Milk (Mag, Pot) – Can use post-workout protein shake.
  - Pedialyte
- Best ways to add them yourself?
  - Powders/Tabs
  - Smoothies (electrolyte-based ingredients such as avocado, spinach, bananas and coconut water)
  - DIY Solutions (1 L Water, 6 tsp sugar, ½ tsp salt)





# Hydrating foods to consider..

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- Foods will account for 20% of your daily fluid intake.
- Foods to focus on (90-100% water content)
  - Fruits (Cantaloupe, Watermelon, Strawberries)
  - Vegetables (Lettuce, Cabbage, Celery, Spinach, Cooked Squash)
- Foods to focus on (70-89% water content)
  - Fruits (Bananas, Grapes, Oranges, Pears, Avocados, Pineapple)
  - Veggies (Carrots, Cooked Broccoli)
  - Dairy products (Yogurt, Cottage Cheese, Ricotta Cheese)

## Hydrating Fruits & Veggies

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Watermelon



Strawberries



Cantaloupe



Peaches



Lettuce



Zucchini



Celery



Tomato



Bell Peppers



Cucumbers



Grapefruit



Pineapple



Apples



Grapes



Carrots



Raspberries



Oranges



Cherries



Pears



Bananas

Visit [ProduceforKids.com](http://ProduceforKids.com) for more fun ideas!

# Tricks to make hydrating easier!

- Water bottles
- Try a straw or open cup vs. a cup/bottle with a lid
- Accessibility
- Get started early!
- Have a glass of water with meals
- Drink throughout the day vs. large amounts at one time
- Plan ahead
- Try a water challenge
- Add some flavor



# References: Websites to check out

- <https://healthyfamilyproject.com/food-rx-all-about-hydration/> (Infused water recipes)
- <https://bottledwater.org/>
- <https://www.hydrationforhealth.com/en/hydration-tools/hydration-calculator/#section-methodology>
- [How to Know If You're Staying Hydrated While Running | HSS](#)



# References: Articles/Studies referenced

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256#:~:text=The%20U.S.%20National%20Academies%20of,fluids%20a%20day%20for%20women>
- <https://www.cnn.com/2023/01/02/health/hydration-disease-aging-death-risk-study-wellness/index.html>
- <https://journals.physiology.org/doi/full/10.1152/ajpregu.00365.2002>
- <https://pubmed.ncbi.nlm.nih.gov/20356431/>

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- <https://www.washingtonpost.com/wellness/2022/12/06/eight-cups-daily-water-intake/>
- <https://www.hhs.texas.gov/sites/default/files/documents/services/health/texercise/importance-of-hydration.pdf>
- <https://www.nbcnews.com/health/health-news/poor-hydration-linked-early-aging-chronic-disease-study-rcna63741>
- <https://www.ncoa.org/article/10-reasons-why-hydration-is-important>



Let's Blend! Green Smoothie