

Positive Pulse

Your monthly dose of advice on healthy living

May 2021

Drink Up! Part 1



This is Part 1 of *Drink Up!*

- The number one importance regarding beverages is to drink water and stay hydrated.
- There are other common beverage options, but be sure to note what is healthy to drink frequently.
- Alcohol is best enjoyed in moderation for the health and safety of yourself and others.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)



Hydration Benefits- Drink Water

Lubricate Joints

- Cartilage, found in joints and the disks of the spine, contains around 80 percent water.
- Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.
- It also cushions the brain, spinal cord, and other sensitive tissues.

Saliva and Mucus

- Saliva helps us digest our food and keeps the mouth, nose, and eyes moist.
- This prevents friction and damage.
- Drinking water also keeps the mouth clean.
- Consumed instead of sweetened beverages, it can also reduce tooth decay.

Skin Hydration and Cooling

- With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.
- Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up.
- As it evaporates, it cools the body.
- Some scientists have suggested that when there is too little water in the body, heat storage increases and the individual is less able to tolerate heat strain.
- Having a lot of water in the body may reduce physical strain if heat stress occurs during exercise.

Digestive System

- The bowel needs water to work properly.
- Dehydration can lead to digestive problems, constipation, and an overly acidic stomach.
- This increases the risk of heartburn and stomach ulcers.
- Water is also needed in the removal of urine and feces.
- The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.
- It makes minerals and nutrients accessible by dissolving these in water, which makes it possible for them to reach different parts of the body.

Weight Loss

- Water may also help with weight loss, if it is consumed instead of sweetened juices and sodas.

- “Preloading” with water before meals can help prevent overeating by creating a sense of fullness.

SOURCE: <https://www.medicalnewstoday.com/articles/290814>



Best and Worst Drinks for Your Health

BEST

Water

- It's essential for your body.
- It prevents dehydration, constipation, and kidney stones.
- With no calories, it's the best beverage for your waistline.
- If you add 1 to 3 cups of water a day to your diet, you could end up taking in less fat, salt, sugar, and up to 200 fewer calories per day.
- Too plain for your taste buds? Add a squeeze of citrus, a few berries, or your favorite herbs, like mint.

Filtered Coffee

- Studies show it may protect against type 2 diabetes, liver disease, and lower your odds of heart disease.
- Three to five cups a day seems to be healthy, as long as you go easy on the cream and sugar.
- But if you're pregnant or breastfeeding, ask your doctor how much to sip.
- If you have high cholesterol, brew yours with a paper filter. It gets rid of a substance called cafestol that can raise LDL cholesterol.

Tea

- Green, black, and other kinds are full of antioxidants, which may protect you against some types of cancer, stroke, heart disease, and high blood pressure.
- Plus, unsweetened brews are low in calories.
- Whether you like it hot or iced, the healthiest kinds are the ones you brew at home -- without the added sugars that bottled tea can have.

GOOD

Milk

- It's a powerhouse of nutrients like calcium, vitamin D, and potassium, which keep your muscles, teeth, and bones healthy.
- A cup of milk has more protein than a large egg.
- To get more nutrition from fewer calories, look for low-fat and skim options.

- And some non-dairy milks -- soy, almond, and others -- have some of the same nutrients as cow's milk.

Sparkling Water

- It gives you a little fizz without the calories or artificial sweeteners of soda.
- But watch out for flavored seltzers that have added sugar.
- And remember, sparkling water is different from club soda, which has sodium, and tonic water, which has sodium and sugar.
- A safe bet is to add your own flavor, like a squeeze of lemon or lime, to plain seltzer or sparkling water.

OKAY ON OCCASSION

Fruit Juice and Smoothies

- If it's 100% juice, it has most of the vitamins of its original fruit. But all the fiber gets left behind.
- Without it, most of what you get from this drink is sugar. That adds calories to your diet without filling you up.
- A cup of no-sugar-added juice with breakfast or a snack is fine, but for kids and adults, it's best to eat fruit in its whole form, and limit how much juice you get.
- If you just enjoy the taste, add a splash or two to a glass of water.
- A typical store-bought smoothie has almost 400 calories and 75 grams of sugar.
- Instead, make them at home, and go light on sweetened add-ons, like flavored yogurt, honey, or agave.

Sport Drinks

- The electrolytes and sugar in these drinks make them ideal for athletes who need to replenish their bodies after an intense workout.
- But unless you're finishing an hour-long sweat session, you should skip these beverages.
- Many have almost as much sugar as a can of soda. All your body really needs to refuel is water.

Wine

- Drink the right amount of wine -- particularly red wine -- and you may improve your brain and heart health.
- This may be due to antioxidants like resveratrol that protect your cells from damage.
- But drinking more than a glass or two per day isn't good for your health, especially if you do it over the long term.

WORST

Soft Drinks

- They have no nutrients, and they're loaded with sugar
- People who drink one or two a day take in more calories and may have a higher body weight.
- You're also more likely to have type 2 diabetes, heart disease, and other health problems.

Diet Soda

- Yes, it's low in calories, but it may not be a good swap for regular sodas.
- Diet drinks are linked to health problems such as type 2 diabetes.
- And over time, some experts think their artificial sweeteners may make you gain weight by tricking your body into wanting more calories.

- But if you're trying to cut back on regular soda, diet versions may be a good way to help you make the switch to water and other healthier drinks.

Energy Drinks

- They claim to give you a boost with big doses of caffeine -- equal to 4 to 5 cups of coffee -- and other ingredients like guarana, B vitamins, and ginseng.
- Most have loads of sugar or sweeteners, too. You may get a short bump in alertness, but don't believe the hype about more energy, strength, and power.
- What you'll really get is too many calories and too much caffeine, which can cause weird heart rhythms, anxiety, trouble sleeping, and digestive problems.

SOURCE: <https://www.webmd.com/diet/ss/slideshow-drinks-and-your-health>



Safe Drinking Tips

It is federal law that anyone under the age of 21 does not consume alcoholic beverages. This is informational for people to use when deciding to legally drink.

Alcohol Percentages

- Alcoholic drinks have different amounts of alcohol in them.
- Beer is about 5% alcohol, although some beers have more.
- Wine is usually 12% to 15% alcohol.
- Hard liquor is about 45% alcohol.

Alcohol Facts

- Alcohol gets into your bloodstream quickly.
- The amount and type of food in your stomach can change how quickly this occurs. For example, high-carbohydrate and high-fat foods can make your body absorb alcohol more slowly.
- Certain types of alcoholic drinks get into your bloodstream faster. Stronger drinks tend to be absorbed faster.
- Alcohol slows your breathing rate, heart rate, and how well your brain functions.
- These effects may appear within 10 minutes and peak at around 40 to 60 minutes.
- Alcohol stays in your bloodstream until it is broken down by the liver. The amount of alcohol in your blood is called your blood alcohol level.
- If you drink alcohol faster than the liver can break it down, this level rises.

Responsible Drinking

- If you drink alcohol, it is best to do so in moderation.
- Moderation means the drinking is not getting you intoxicated (or drunk) and you are drinking no more than 1 drink per day if you are a woman and no more than 2 if you are a man.
- A drink is defined as 12 ounces (350 milliliters) of beer, 5 ounces (150 milliliters) of wine, or 1.5 ounces (45 milliliters) of liquor.
- Never drink alcohol and drive a car.
- If you are going to drink, have a designated driver, or plan an alternative way

home, such as a taxi or bus.

- DO NOT drink on an empty stomach. Snack before and while drinking alcohol.

Alcohol and Pregnancy

- There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. There is also no safe time during pregnancy to drink. All types of alcohol are equally harmful to the baby, including all wines and beer.
- Not drinking alcohol is the safest option for breastfeeding mothers.
- Generally, moderate alcohol consumption by a breastfeeding mother (up to 1 standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least 2 hours after a single drink before nursing.
- However, exposure to alcohol above moderate levels through breast milk could be damaging to an infant's development, growth, and sleep patterns.
- Alcohol consumption above moderate levels may also impair a mother's judgment and ability to safely care for her child.

Calorie Count

- Alcoholic drinks, like many other drinks, contain calories that can add up quickly.
- Going out for a couple of drinks can add 500 calories, or more, to your daily intake.
- Most alcoholic drinks have little to no nutritional value. If you are trying to lose weight or maintain a healthy weight, you will want to watch how much you drink.
- Cocktails mixed with soda, juice, cream, or ice cream can have especially high calorie counts.
- If you find you are having trouble cutting back on alcohol, talk with your health care provider.
- [For a chart containing the calorie counts of different drinks, click here.](#)

SOURCE: <https://medlineplus.gov/ency/article/001944.htm>
<https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>

Let's Stay Healthy and Hydrated!



Looking to learn more about healthy living?
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schedule a virtual training.

You can also visit the NJ Self-Advocacy Project
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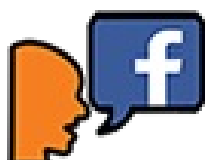
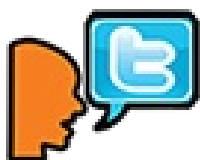
The Horizon Foundation for New Jersey



The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



May 2021

Drink Up! **Part 2**



This is Part 2 of *Drink Up!* While most of our hydration should come from simple water, here are some healthy beverage recipes that you can try as a special treat.

- Color changing lemonade slushies using Blue Pea Flower tea are a fun and bold option that's perfect for warm weather.
- Pineapple Green Smoothies are a great option as a breakfast replacement.
- Watermelon Cucumber Basil seltzer is a light summery option for someone who is craving something bubbly but still low sugar.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. [Register here.](#)



Color-Changing Lemonade Slushies



Prep Time (incl. freezing): 4 hrs 10 mins
Servings: 4

Ingredients

- 4 teaspoons blue pea flower tea
- 2 cups boiling water
- 2 cups lemonade

Directions

1. Steep tea in boiling water for 8 minutes.
2. Strain into a 2-cup measuring cup.
3. Pour tea into an ice cube tray and freeze until solid.
4. Place the frozen tea cubes in a blender and crush.
5. Place 1/2 cup in each glass.
6. Pour 1/2 cup lemonade over the crushed ice and watch the magic!

Nutrition Facts

- **Serving Size:** 1 Cup
- **Per Serving:** 49 calories; protein 0.1g; carbohydrates 12.9g; sugars 12.3g; fat 0.1g; vitamin a iu 1.2IU; vitamin c 4.8mg; folate 1.2mcg; calcium 8.5mg; iron 0.2mg; magnesium 3.7mg; potassium 19.7mg; sodium 8.5mg; added sugar 12g.
- **Exchanges:** 1 Other Carbohydrate



Pineapple Green Smoothie



Prep Time: 5 mins
Servings: 1

Ingredients

- ½ cup unsweetened almond milk
- ⅓ cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds

Directions

1. Add almond milk and yogurt to a blender.
2. Add spinach, banana, pineapple, and chia.
3. Blend until smooth.

Nutrition Facts

- **Serving Size:** About 1 1/2 Cups
- **Per Serving:** 297 calories; protein 12.8g; carbohydrates 54.3g; dietary fiber 9.8g; sugars 29g; fat 5.7g; saturated fat 0.6g; cholesterol 3.8mg; vitamin a iu 3215.6IU; vitamin c 61.1mg; folate 113.4mcg; calcium 296.6mg; iron 2.5mg; magnesium 125.5mg; potassium 1037.7mg; sodium 144.7mg; thiamin 0.2mg.
- **Exchanges:** Fruit, 1 Low-Fat Milk, 1/2 Fat

Watermelon Cucumber Basil Seltzer



Prep Time: 10 mins

Servings: 4

Ingredients

- Fruit concentrate
 - ½ cup diced watermelon
 - ½ cup diced cucumber
 - 6-8 fresh basil leaves
 - Juice of 1/2 lime
 - 1 cup water
- Simple syrup
 - 1 cup water
 - 1 cup sugar or honey
- Seltzer
 - 3 cups seltzer water

Directions

1. To make fruit concentrate: place watermelon, cucumber, basil, and lime in a pitcher or large jar and smash with a wooden spoon to release their juices. Stir in water. Let the mixture infuse in the fridge overnight, then strain.
2. To make simple syrup: combine water and sugar (or honey) in a small saucepan over medium heat. Simmer, stirring occasionally, until completely dissolved. Let cool.
3. To make soda: for each serving of soda, combine 1/4 cup fruit concentrate, 1 tsp. simple syrup and 3/4 cup seltzer water in a glass. Serve with ice if desired.

Nutrition Facts

- Serving Size: 1 Cup
- Per Serving: 18 calories; protein 0.3g; carbohydrates 4.6g; dietary fiber 0.2g;

sugars 3.6g; fat 0.1g; vitamin a iu 164.2IU; vitamin c 3.7mg; folate 2.6mcg; calcium 7.4mg; iron 0.1mg; magnesium 5.1mg; potassium 49.9mg; sodium 2.5mg.

- Exchanges: Free Food

SOURCE: <https://www.eatingwell.com/recipe/264179/watermelon-cucumber-basil-seltzer/#nutrition>

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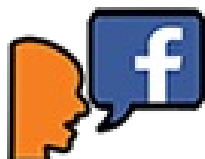
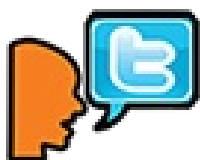


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