

Did you know that you can become overhydrated?

The term is called **hyponatremia**. It is taking in more fluid than the body can get rid of, usually to prevent dehydration. But by drinking too much H₂O, the sodium in the body becomes diluted and leads to swelling in the cells.

Hyponatremia:

- tends to happen more in athletes
- symptoms are similar to what you would experience after running a race
 - tired
 - confusion or exhaustion
- is tough to spot
- can be fatal
- **is 100% preventable**



Remember to recycle, or better yet, refill your own bottle!

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
Soda 227 calories 20 fl oz	14 tsp	49 minutes
Sports Drink 125 calories 20 fl oz	9 tsp	27 minutes
Energy Drink 240 calories 16 fl oz	15 tsp	52 minutes
Juice Drink 305 calories 20 fl oz	17 tsp	66 minutes
Fruit-flavored Soda 165 calories 12.5 fl oz	11 tsp	36 minutes
Vitamin-added Water 125 calories 20 fl oz	8 tsp	27 minutes
Sweetened Tea 213 calories 20 fl oz	14 tsp	46 minutes
Water 0 calories 20 fl oz	0 tsp	0 minutes

Adapted from: California Department of Public Health, rethink YOUR DRINK.

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DRINK

when you're thirsty



Myths about water

#1 - Feeling thirsty means you are dehydrated.

When you feel thirsty, your body has begun to apply its own water saving actions. Follow your body's signals, and drink water until you are no longer thirsty.

#2 -Your performance will suffer.

Mild dehydration has no effect on performance. It is natural to get a little dehydrated when exercising, working or playing hard. Drinking when you are thirsty will help prevent you from entering the danger zone.

#3 -Drink until your urine is clear.

Instead, drink until your urine is pale yellow. While not exact, it reminds us to think to drink!

#4 -One sign of dehydration is muscle cramps.

Muscle cramps don't have much to do with dehydration. They happen when the muscles are tired. Drink when you're thirsty; rest when you're tired.



Facts about water and water products



All waters hydrate you and are no better than tap water.

- Buy the cheapest. Better yet, fill up a bottle at home to take with you.

Bottled water

- water fit for humans to drink and bottled safely
- could be packaged tap water

Purified, Spring, Artesian and Mineral



- **Purified** - the water has been filtered or distilled to remove chlorine and elements that affect taste.



- **Spring water** comes from an underground formation that flows naturally. Artesian water is tapped from an underground aquifer that's under pressure.
- both are more expensive and do not offer any benefits other than taste and status appeal.



- **Mineral water** originates from a protected underground source. This water is mineral-rich and can significantly BOOST your intake of nutrients like calcium and magnesium. Tends to be alkaline, which may help bone health.
- 1 liter a day = 20-58% of calcium and 16-41% magnesium

Flavored waters

- For those who don't care for the taste of plain water.
- Simply treated with a hint of natural fruit or herbal essences.
- Often have added sweeteners, food colorings, and artificial flavors.
- May contain calories from refined sugar.
 - 50 calories per cup (120 calories in a 20-ounce bottle)
- May claim to contain vitamin and herb enhancements.
 - won't harm you but won't benefit you either



Plant-derived waters



- Coconut water is an example of a plant-derived water. It comes from the inside of the young green fruit. A light, sweet liquid with a nutty taste that hydrates well and provides a significant dose of potassium.
- has no fat

- 45 calories per cup
- Switch things up with maple water. It is the liquid (sap) from the maple tree boiled down to make a syrup.
 - 20 calories per cup
 - research isn't complete to make the claim for "cleansing power"
 - ~ \$4 for a small bottle

pH alkaline waters

- Our body's pH is maintained by our kidneys and other protective systems.
- No significant research has been done to show drinking more acidic water does any harm.
- One well-documented "pro": It could benefit your bones
 - reduces the kidney's need to tap into calcium reserves
- Beware pH waters if alkaline has been made through ionization
 - won't give you nutrient benefits of minerals and electrolytes
 - aim for pH between 7.5 and 8.5

