

Healthy Lifestyles

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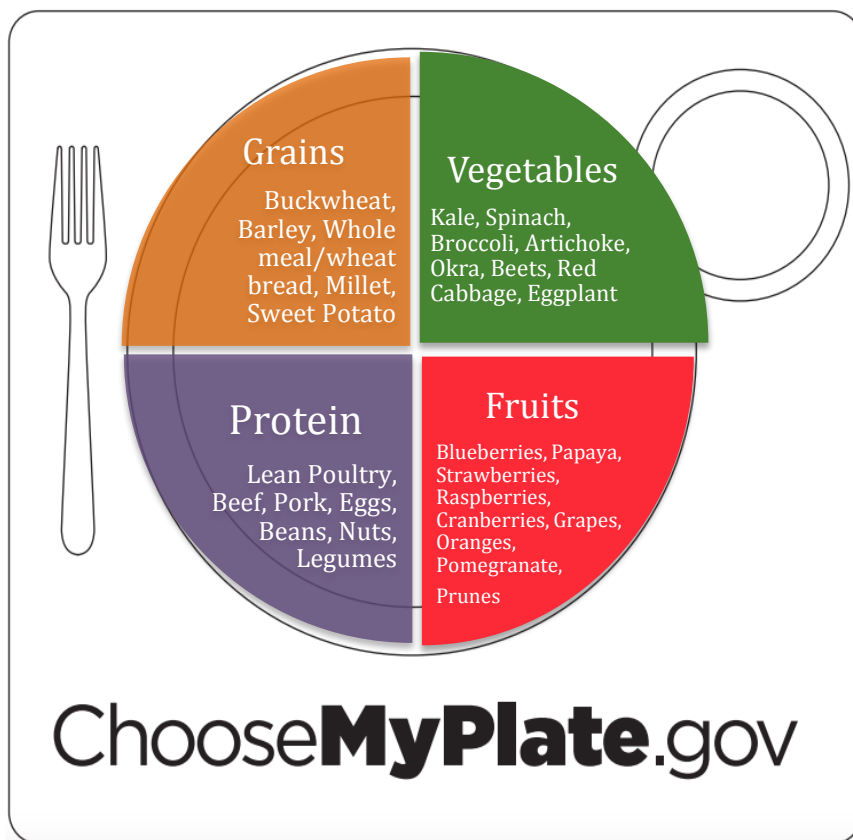
Eating **Colors** to Control Cancer: National Cancer Control Month

April is National Cancer Control Month! This month is meant to promote lifestyle changes through diet, nutrition, and physical activity to significantly reduce the risk of developing some types of cancer.

The National Cancer Institute recommends an overall healthy diet, rich in fruits, vegetables, unprocessed meats, and whole grains with regular physical activity to maintain a healthy weight.

Fruits and vegetables are rich in vitamins, fiber and antioxidants which protect the healthy cells of the body, while promoting the death of cancer-causing cells. The more colorful fruits or vegetables are rich in a variety of antioxidants. A variety of plant based fibers help maintain a healthy digestive tract and reduce inflammation.

The United States Department of Agriculture's guidelines recommend that recommend that half your plate be full of colorful fruits and vegetables, and a quarter of your plate healthy grains/starches, and a quarter lean unprocessed protein. Using USDA's MyPlate guide, here are some antioxidant and fiber rich grains, fruits and vegetables, and lean meats to add to your plate:



For More Information: <https://www.cancer.org/healthy>

Rainbow Layered Salad Recipe

- 1 pint red grape or cherry tomatoes, quartered
- 1 cup shredded carrots
- 1 cup frozen corn kernels
- 2 Hass avocados, pitted and sliced into thin wedges
- 1 cup thinly sliced red cabbage
- 1 cup crushed blue corn chips
- Juice of 1 lime
- Juice of 1 lemon
- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground pepper to taste

Directions:

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order.
2. Let stand at least 15 minutes for corn to fully defrost.
3. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper.
4. Serve salad with dressing on the side.

Recipe Source: [EatRight.org](https://www.eatright.org)

Serving size: 1 cup of salad with dressing
Serves 6

Calories: 285; Total fat: 21g; Saturated fat: 3g; Sodium: 229mg; Carbohydrates: 27g; Fiber: 7g; Sugars: 11g; Protein: 3g



Heart Healthy



Tips to help reduce your risk of developing heart disease

According to the American Heart Association (AHA), Heart disease is the # 1 cause of death in the United States. Making good food choices can help prevent or control high blood pressure and high blood cholesterol levels, two risk factors for heart disease.

Tips from the dietitians:

- **Limit saturated fat and avoid trans-fat:** Saturated and trans-fats can raise blood pressure and cholesterol levels which increases your risk for heart disease.
 - Choose low-fat dairy products
 - Eat skinless chicken and fish more often than red meats
 - When eating meat, trim off visible fat and choose lean cuts like 'sirloin' or 'round'
 - Keep serving sizes of meats and poultry to a deck of cards size
 - Use liquid oils instead of butter in cooking
 - Limit baked goods like cookies, pastry and cake and opt for fruit for dessert most days
- **Limit sodium:** A diet lower in sodium intake helps keep your blood pressure in a healthy range. Most of the sodium in our diets comes from packaged and processed foods such as canned soups, cold cuts and cured meats, frozen convenience meals and snack foods including crackers.
 - Use fresh fish, poultry and lean meats instead of items from the deli or packaged foods like hot dogs or sausage
 - Choose plain frozen vegetables or fresh ones over canned items
 - Focus on home prepared foods using fresh ingredients, herbs and spices rather than buying frozen convenience or canned foods
 - Read labels, aiming, limiting items that are more than 300 mg of sodium per serving
- **Choose fiber-rich foods:** Fiber rich foods make you feel fuller for longer and thus help maintain a healthy weight. Soluble fiber is a type of fiber that can help to lower blood cholesterol levels.
 - Try a piece of fruit or a slice of whole wheat toast with peanut butter as a daily heart healthy snack
 - Add more barley, nuts, beans, peas, berries, apples and oats to your diet to increase soluble fiber
- **Aim for at least 150 minutes of moderate physical activity weekly:** Staying active helps to maintain weight and keeps your heart healthy!
 - Even if you don't have a lot of time, aim for walking in at least 10 minute increments
 - Get off the bus one stop early and walk the rest of the way
 - Replace a coffee break with a 10 minute walk to get moving
- **Nuts:** Walnuts, almonds, hazelnuts, peanuts, pecans, and pistachios are high in omega-3 fatty acids, the same heart healthy fat found in oily fish. Keep in mind that while nuts contain heart healthy fats, serving sizes are small!
 - Stick to ¼ cup of nuts or 2 tablespoons of nut butter per day for a filling snack
 - Try spreading nut butter on a piece of fruit or add nuts to low-fat yogurt for a nice crunch



Heart Healthy

Tips to help reduce your risk of developing heart disease

Balsamic Roast Chicken

(Serves 8)

This is a heart healthy and hearty chicken recipe that will help to keep you going throughout this winter. It is full of flavor, but low in saturated fat and sodium!

Ingredients:

- 1 whole chicken, about 4 pounds
- 1 tbsp fresh rosemary or 1 tsp dried
- 1 garlic clove
- 1 tbsp olive oil
- 1/8 tsp freshly ground black pepper
- 8 sprigs fresh rosemary
- 1/2 cup balsamic vinegar
- 1 tsp brown sugar



Directions:

1. Preheat oven to 350 F.
2. In a small bowl, mince together the rosemary and garlic. Loosen the chicken skin from the flesh, and rub the flesh with olive oil and then the herb mixture. Sprinkle with black pepper. Put 2 rosemary sprigs into the cavity of the chicken. Truss the chicken.
3. Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, about 1 hour and 20 minutes. Whole chicken should cook to a minimum internal temperature of 165 F. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter.
4. In a small saucepan, combine the balsamic vinegar and brown sugar. Heat until warmed and brown sugar dissolves, but don't boil.
5. Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

Nutritional analysis per serving

Serving size: 1/8 chicken

Total carbohydrate	4 g	Cholesterol	198 mg
Dietary fiber	0 g	Protein	51 g
Sodium	257 mg	Monounsaturated fat	8 g
Saturated fat	5 g	Calories	364
Total fat	16 g	Added sugars	trace
Trans fat	0 g		

Recipe can be found at:

<https://www.mayoclinic.org/healthy-lifestyle/recipes/balsamic-roast-chicken/rcp-20049638>

For more heart information, visit www.heart.org.



Cutting Back on Sodium: Shake the Salt Habit

Most people know that adding salt to foods is not healthy as it has a lot of sodium. A diet that is too high in sodium can raise blood pressure, increasing the risk of heart attack, stroke, dementia, and kidney disease.

According to the American Heart Association, the average person eats about 3,400 milligrams of sodium each day – but **only 1,500 milligrams (mg) per day** is recommended. This is less than half of what most people eat! If you already have high blood pressure, diabetes, or kidney problems, are African American, or are over 50 years of age, it is especially important to limit your salt intake to stay healthy.

Here are some tips to help you break the salt habit:

- **Spice it up!** Flavorful and fragrant spices and herbs can amp up the flavors of your food in a way that salt can't.
- **Add a splash of citrus.** A squirt of fresh or bottled lemon or lime juice can add the zip to your food that you've been missing. Try it on meats and vegetables!
- **Modify recipes.** If the recipe calls for salt, omit it or cut it back. For instance, if your recipe calls for 1 teaspoon salt (2400 mg sodium), cut it down to ½ teaspoon (1200 mg sodium). It's a start! Substitute fresh or dried herbs and spices to add flavor.
- **Try clever alternatives.** Use your favorite vinegar as a marinade for meats or add liquid smoke to cooked vegetables. Sauté onions and garlic to add flavor to foods instead of using salt. Be creative!
- **Be patient.** It takes time for your taste buds to adjust.
- **Beware of hidden sodium in spice blends or gourmet salts!** Garlic salt, celery salt, sea salt, and Himalayan salt are all high in sodium. Salt is also in many lemon pepper, garlic pepper or packaged spice blends. Look for seasonings that are **salt and sodium free** or create your own salt free spice blends using the recipes below.

For more information visit www.heart.org → search "salt" or "sodium"



Salt Free Seasoning Blends

Salt Free Italian Seasoning	Salt Free Mexican Seasoning	Salt Free Caribbean Marinade
1 Tb dried oregano 1 Tb dried basil 1 ½ tsp onion powder 1 ½ tsp dried thyme 1 tsp garlic powder 1 tsp pepper	¼ cup chili powder 1 Tb dried oregano 1 Tb ground cumin ½ tsp garlic powder	¼ cup olive oil 2 Tb orange juice 2 Tb lime juice 3 garlic cloves, minced ½ cup onion, finely chopped 2 tsp black pepper 1 tsp ground cumin 1 tsp ground ginger 1 tsp chili powder ½ tsp nutmeg ½ tsp cinnamon 1 dash ground cloves
<i>Blend together and add to tomato sauce for pasta dishes, or on top of a homemade pizza.</i>	<i>Blend together and add to tacos, chili, rice and beans, or use as a rub for meats.</i>	<i>Blend together and use as a marinade for meats, seafood, or grilled vegetables, or slaws. You can also try using it as a salad dressing.</i>

Recipes adapted from:

<https://www.cooks.com/recipe/6l3r81y5/salt-free-italian-seasoning.html>

<http://theculinaryqueenbee.blogspot.com/2010/03/salt-free-mexican-seasoning-blend.html>

<http://www.geniuskitchen.com/recipe/citrus-spice-caribbean-cuban-marinade-for-pork-beef-chicken-299287>

Can Food Improve Your Mood?

Eating patterns and food choices can have a positive impact on your mood. Fueling your body with proper nutrition can relieve tiredness, irritability, and improve sleep.

The 2015-2020 Dietary Guidelines for Americans states that while healthy eating patterns do have a positive impact on preventing disease, eating patterns may also influence brain health.

Here are 6 simple tips to improve your MOOD with FOOD:

1. Space out your meals! Don't go more than 3-4 hours without a meal or snack. Eating meals spread throughout the day helps control your blood sugar. Drops in blood sugar can make you feel tired, irritated or sad.
2. Use healthy unsaturated fats from olive oil, canola oil, fish and avocados. Your brain needs fats to power your body each day, so include the right fats in your diet.
3. Cut down on caffeine from coffee, tea, soda and energy drinks. Too much caffeine can make you feel anxious, sad, or disturb your sleep patterns.
4. Are you getting enough vitamin D? Low levels of vitamin D can make you feel sad. Salmon and tuna are loaded with vitamin D. Milk and some orange juices are fortified with vitamin D, so they are also great sources!
5. Eat a rainbow of fruits and vegetables to supply your body with essential nutrients. Nutrient deficiencies can cause weakness, sadness, and poor concentration.
6. Carbohydrates are the body's main source of energy. Fruits, whole grains, and starchy vegetables are excellent sources of fiber. Choose fruit for dessert in place of a sugar-sweetened treat.

For More Info: <https://goo.gl/aZwvnV>

Shrimp and Avocado Salad



A delicious salad packed with healthy unsaturated fats!

Total Time: 15 minutes

Yields: 3 servings

Ingredients

- ◆ 1 Tbsp. extra virgin olive oil
- ◆ 1 Tbsp. fresh cilantro, chopped
- ◆ 2 Tbsp. lime juice
- ◆ 1 lb. medium or large cooked shrimp
- ◆ 1 cup grape or cherry tomatoes, halved
- ◆ 1 avocado, cut in ½ inch cubes
- ◆ Salt and pepper to taste

Nutrition Facts

Calories 240
Total Fat 19 g
Sodium 860 mg
Carbohydrates 8 g
Fiber 4 g
Protein 22 g

Directions

1. Whisk the olive oil, cilantro and lime juice in a large bowl.
2. Add the shrimp, tomato halves, avocado and toss gently.
3. Season with salt and pepper to taste. Serve immediately or chilled overnight.

Source: <https://oldwayspt.org/recipes/shrimp-and-avocado-salad>



HEALTHY SNACKING TIPS



Most people like to have snacks between meals. If properly planned snacks can provide good nutrients and maintain your level of energy. Healthy snacking can also help avoid overeating at mealtimes. Use these tips for planning your snack routine:

- Keep healthy snacks on hand such as cheese, air popped popcorn, fresh fruit and vegetables. Cut up vegetables ahead of time so they are easy to grab in a pinch.
- Enjoy protein-rich foods such as unsalted nuts, hard-cooked eggs, cheese or yogurt to keep full between meals.
- Pair healthy foods with indulgent ones. Eat carrot sticks with a favorite dip or make a trail mix of unsalted nuts, dried fruit and just a few chocolate chips.
- Remember that snacks have calories too. Enjoy snacks but make your portions smaller at meals.
- Set a snack schedule—perhaps every three to four hours to minimize mindless nibbling.
- Plan ahead when you are going to attend an event. Eat a healthy snack before you leave if to prevent over eating later.
- Put out small portions of healthy snacks while watching TV such as sliced fruit and a yogurt dip.

For more tips: <https://tinyurl.com/y3her4u6>

HOMEMADE TRAIL MIX

<https://www.eatingbirdfood.com/cajun-trail-mix/#tasty-recipes-34011>

- 1/2 cup raw walnuts
- 1/4 cup raw sunflower seeds
- 1/4 cup almonds
- 1/4 cup raisins (optional)
- 1 teaspoon olive oil
- 1 teaspoon maple syrup
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt



Nutrition Facts

Serving Size:
Serves: 1/4 cup (without raisins)
Calories 190
Fat 16g
Saturated Fat
Total Carbohydrate 6g
Fiber 3g
Sugars 1g
Protein 7g
Sodium 351 mg
Potassium 107 mg
Phosphorus 114 mg

Preheat oven to 325°. Place all ingredients except raisins in a large bowl and toss to combine. Make sure all the nuts have a little seasoning on them. Spread nuts evenly on a baking sheet lined with parchment or a baking stone. Bake for 15-20 minutes, toss nuts about halfway through roasting and watch them carefully near the end making sure the nuts don't burn. Remove once nuts are golden brown. Cool completely before adding raisins (if using). Stir mixture together and serve or place in an air-tight container for storage.



Weight gain after quitting smoking: What to do



Many people gain weight when they quit smoking cigarettes. On average, people gain 5 to 10 pounds (2.25 to 4.5 kilograms) in the months after they give up smoking.

You may put off quitting if you are worried about adding extra weight. But NOT smoking is one of the best things you can do for your health. Fortunately, there are things you can do to keep your weight under control when you quit.

Why People who Quit Smoking Gain Weight

There are a couple of reasons why people gain weight when they give up cigarettes. Some have to do with the way nicotine affects your body.

- The nicotine in cigarettes speeds up your metabolism. Nicotine increases the amount of calories your body uses at rest by about 7% to 15%. Without cigarettes, your body may burn food more slowly.
- Cigarettes reduce appetite. When you quit smoking, you may feel hungrier.
- Smoking is a habit. After you quit, you may crave high-calorie foods to replace cigarettes.

What you can do

As you get ready to quit smoking, here are some things you can do to keep your weight in check.

- **Get active.** Physical activity helps you burn calories. It can also help you ward off cravings for unhealthy foods or cigarettes. If you already exercise, you may need to exercise for longer or more often to burn the calories nicotine used to help remove.
- **Shop for healthy groceries.** Decide what you will buy before you get to the store. Make a list of healthy foods like fruit, vegetables, and low-fat yogurt that you can indulge in without eating too many calories. Stock up on low-calorie "finger foods" that can keep your hands busy, such as sliced apples, baby carrots, or pre-portioned unsalted nuts.
- **Stock up on sugar-free gum.** It can keep your mouth busy without adding calories or exposing your teeth to sugar.

- **Create healthy eating habits.** Make a healthy meal plan ahead of time so you can combat cravings when they hit. It is easier to say "no" to fried chicken nuggets if you are looking ahead to a roast chicken with vegetables for dinner.
- **Never let yourself get too hungry.** A little hunger is a good thing, but if you are so hungry that you have to eat right away, you are more likely to reach for a **diet-busting** option. Learning to eat foods that fill you up can also help ward off hunger.
- **Sleep well.** If you often do not get enough sleep, you are at greater risk of putting on extra weight.
- **Control your drinking.** Alcohol, sugary sodas, and sweetened juices may go down easy, but they add up, and can lead to weight gain. Try sparkling water with 100% fruit juice or herbal tea instead.

Why Quitting is Worth it

Giving up a habit takes time to get used to, both physically and emotionally. Take one step at a time. If you do put on some weight but manage to stay off cigarettes, congratulate yourself. There are many **benefits of quitting**.

- Your lungs and heart will be stronger
- Your skin will look younger
- Your teeth will be whiter
- You will have better breath
- Your hair and clothes will smell better
- You will have more money when you are not buying cigarettes
- You will perform better in sports or other physical activities

When to Call the Doctor

If you have tried to quit smoking and relapsed your health care provider may suggest **nicotine replacement therapy**. Treatments that come in the form of a patch, gum, nasal spray, or inhaler give you small doses of nicotine throughout the day. They can help ease the transition from smoking to going totally smoke free.

If you gain weight after quitting and cannot lose it, you might have better results in an organized program. Ask your provider to recommend a program with a good record that can help you lose weight in a healthy, lasting way.

Do not give your bones a break!

Our skeletons are the basis of our structure and support for our bodies. When bones become brittle and weak, this increases the ease at which they can break. When this happens, it is called osteoporosis, which actually means porous bones. You can reduce the risk with good diet and lifestyle habits. Bone growth is faster than bone breakdown until around age 30. It is important to make sure to build up your bones as much as possible while you can and keep them strong after.



According to the National Institute of Health, “in the United States, more than 53 million people either already have osteoporosis or are at high risk due to low bone mass”. Diet and activity can help ensure skeletal strength to prevent broken and painful bone. Follow these tips to keep your healthy and strong!

Increase your calcium – Bones are made up of a lot of calcium. High calcium foods can increase or help protect bone mass to reduce the risk of osteoporosis. Most adults need 1,000 mg daily but if you are over 70 years of age or a women over 50 of age, needs increase to 1,200 mg every day.

- Increase high calcium foods: low fat dairy, tofu, leafy green vegetables, whole sardines, and calcium fortified foods daily

<u>Food</u>	<u>Serving Size</u>	<u>Calcium (mg)</u>
Plain Yogurt, low fat	1 cup	448
Ricotta Cheese, part skim	½ cup	335
Sardines, canned with bones	3 ounces	324
Cow’s Milk	1 cup	300
Hard Cheese	1.5 ounces	300
West Soy® Milk	1 cup	200
Collard Greens, cooked	½ cup	179
Orange Juice, calcium fortified	½ cup	175
Kellogg’s All-Bran® cereal	½ cup	150
Baked Beans	1 cup	127
Tofu, processed with calcium	4 ounces	119
Almonds	1 ounce	80

- Check the labels:
Good sources of calcium = 10% of your necessary daily intake
Excellent sources of calcium = 20% of your necessary daily intake

Nutrition Facts	
Serving Size 1/2 cup (about 82g) Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 6%



Get your vitamin D – Vitamin D helps to absorb calcium and aid in bone growth. Get enough of vitamin D from a variety of ways.

- Increase high vitamin D foods: eggs, saltwater fish and vitamin D fortified foods such as milk, yogurt, some ready-to-eat cereals and certain juices
- Let your skin do it – Getting 15 minutes of sunlight on your skin may provide the recommended amount of vitamin D for the entire day.

Physically strengthen your bones – body weight and resistance training stimulates bone growth and delays their breakdown

- Try exercises such as jogging, jumping, climbing stairs, weight training machines, and weight lifting
- Use these types of exercises at least two times per week

Simple Green Smoothie																													
Ingredients <ul style="list-style-type: none">• 1 cup kale or spinach• 1 banana• 1 cup low fat milk (or Ca fortified coconut milk or almond milk)• 1 cup plain yogurt• 1 apple (cored and sliced)• 1 cup frozen fruit• flax seeds, 1 Tablespoon• chia seeds, 1 Tablespoon	Nutrition Information <table><tr><td>Serving size:</td><td>½ recipe</td></tr><tr><td>Calories:</td><td>299</td></tr><tr><td>Total fat</td><td>4 g</td></tr><tr><td> Saturated fat</td><td>2 g</td></tr><tr><td>Sodium:</td><td>156 mg</td></tr><tr><td>Total carbohydrates:</td><td>56 g</td></tr><tr><td> Dietary fiber</td><td>7 g</td></tr><tr><td> Total sugar</td><td>38 g</td></tr><tr><td> Added sugar</td><td>0 g</td></tr><tr><td>Protein</td><td>13 g</td></tr><tr><td>Vitamin D</td><td>1 mcg</td></tr><tr><td>Calcium</td><td>454 mg</td></tr><tr><td>Iron</td><td>2 mg</td></tr><tr><td>Potassium</td><td>1119 mg</td></tr></table>	Serving size:	½ recipe	Calories:	299	Total fat	4 g	Saturated fat	2 g	Sodium:	156 mg	Total carbohydrates:	56 g	Dietary fiber	7 g	Total sugar	38 g	Added sugar	0 g	Protein	13 g	Vitamin D	1 mcg	Calcium	454 mg	Iron	2 mg	Potassium	1119 mg
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Directions <ol style="list-style-type: none">1. In a blender, blend the kale/ spinach and the liquid of your choice.2. Add in the rest of the ingredients, blending after each item.3. Serve and enjoy, cold.4. Reserve the leftover smoothie in the refrigerator for later																													
https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-green-smoothie																													

Submitted by:

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Breastfeeding and Nutrition

According to the American Academy of Pediatrics and the World Health Organization, infants should be only be breastfed for the first sixth months of life. There is a lot of confusion about what a lactating mom should eat.

Should I increase my calorie and fluid intake? Can I be vegetarian? What foods should I avoid? What foods should I eat more of? Should I follow a special breastfeeding diet? Can I eat seafood?

Breastfeeding moms should increase their intake by an average of **400- 500 calories per day**. This calorie estimate is derived from the average amount of milk and the nutritional content of breast milk produced per day. Moms should focus on a well-balanced diet rich in protein, omega-3 fatty acids, fiber, calcium, iron, and vitamin D. These nutrients have many benefits for mom and baby. Some of these benefits include supporting the mom's bone health, preventing anemia, and providing the baby with the nutrients needed for bone health and brain and vision growth. Choosing nutrient-rich foods is very important to keep the mother energized. It will also help the mom produce an adequate amount of breast milk for her baby. Use the table below to help you when making food choices:

	Good Source of:					
	Protein	Omega-3	Calcium	Iron	Vitamin D	Fiber
Fish (<i>chose lower mercury fish like salmon and sardines. Limit intake to 12 ounces per week</i>)	x	x	x	x	x	
Greek Yogurt	x		x		x	
Eggs	x		x		x	
Legumes (<i>chickpeas, kidney beans, lentils, black beans</i>)	x			x		x
Whole grains (<i>whole grain bread, whole wheat pasta, brown rice</i>)	x			x		x
Seeds (<i>flax, chia</i>)	x	x	x			x
Fortified milk	x		x		x	
Fortified cereals (<i>oats, grits, cold breakfast cereal like wheat flakes</i>)	x		x	x	x	x
Nuts	x			x		x
Leafy green vegetables (<i>spinach, kale, collard & mustard greens</i>)			x			x

Hydration is also important for the mom to focus on while breastfeeding. Although, there are no recommendations on increasing fluid intake while breastfeeding, it is important to stay hydrated as breast milk is ~88% water.

Moms can increase their fluid intake by drinking water and eating foods that are high in water content. Some foods with a high-water content include watermelon, cucumbers, oranges, pineapples, bell peppers, strawberries and many more. Making infused water by adding some fruits to enhance its flavor can be a great way to increase your fluid intake. See recipe below.

Mixed Berry Infused Water:

Serving: 5 (each serving 1 cup)

Ingredients:

- ½ cup frozen strawberries, halved.
- ½ cup frozen blackberries.
- ½ cup frozen raspberries.
- 10 fresh mint leaves.
- 5 cups water.

Directions:

- In a large pitcher, place the fruits and mint leaves.
- Fill container with water.
- Let sit for 15-20 minutes.
- Pour in glass with ice (optional).
- Enjoy!



Source: American Academy of Pediatrics

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