

# Drinking Water Everyday Keeps Fat Away!

The body is made up of about 70% water. Water plays a vital role in nearly every bodily process. Water is essential for proper digestion and circulation, numerous chemical reactions, nutrient absorption, waste elimination and flexibility of blood vessels. It also regulates body temperature and benefits the skin by acting as an internal moisturizer. As if that's not enough, water is also an important catalyst in losing weight!

## Water Consumption and Weight Loss

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.



### Here's why:

- The kidneys can't function properly without enough water.
- When the kidneys don't work to capacity, some of their load is dumped onto the liver.
- One of the liver's primary functions is to metabolize stored fat into usable energy for the body.
- If the liver has to do some of the kidney's work, it can't operate efficiently.
- As a result, it metabolizes less fat, so more fat remains stored in the body, and weight loss stops.

## How much water do you need?

Depending on gender, body size and activity level the average is about eight glasses per day. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink should also be increased if you exercise briskly or if the weather is hot and dry.

## What happens when you don't get enough water?

When the body is not getting the amount of water it needs, it perceives this as a threat to survival and begins to hold on to every drop. Water is then stored in extra cellular spaces (outside the cells) and shows up as swollen feet, legs, hands, with the feeling of being 'bloated'. **The best way to overcome the problem of water retention is to give the body what it needs. PLENTY OF WATER. Only then will the stored water be released.** If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it. But getting rid of un-needed salt is easy - just drink more water. As it's forced through the kidneys, it takes away excess sodium.

## Tips for increasing your water intake!

- ✓ Have a big glass of water at every transitional point of the day: when you first get up, just before leaving the house, when you sit down to work, etc.
- ✓ When you have juice (apple, grape, or orange) fill half the glass with water.
- ✓ When you have a junk-food craving, down a glass of water immediately. You feel full quickly and avoid the calories, and it lets time pass until the craving fades.
- ✓ Substitute a cup of hot water with a drop of honey for tea or coffee.
- ✓ Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes - it's refreshing and helps get in a serving or two of fruit.
- ✓ After each trip to the restroom, drink an eight-ounce glass to replenish your system.
- ✓ Don't allow yourself a diet soda until you've had two to four glasses of water. You will find that you won't want the soda anymore or that just half a can is enough.
- ✓ Drink two full glasses at each meal, one before and one after. Also, drink one glass before each snack so you don't eat as much.
- ✓ Carry a small refillable water bottle at all times and drink during downtime.

## Vitamins: Vital to Life

**What are vitamins?** Vitamins can be defined as an essential, non-caloric, organic nutrients needed in tiny amounts in the diet. They are vital to life and indispensable to the body.

**Why do we need Vitamins?** The role of many vitamins is to help make possible the processes by which other nutrients are digested, absorbed, and metabolized or built into body structures. Although small in size and quantity, the vitamins accomplish mighty tasks.

### Classes of Vitamins: Fat-Soluble and Water-Soluble

Solubility determines how vitamins are absorbed into and transported around by the bloodstream, where they can be stored in the body, and how easily they are lost from the body.

**Fat-soluble vitamins (A, D, E, and K):** are absorbed in the lymph, and travel in the blood in association with protein carriers. They can be stored in the liver or with other lipids in fatty tissues, and some can build up to toxic levels.

**Water-soluble vitamins (C and B Vitamins):** are absorbed directly into the bloodstream, where they travel freely and are used when needed. Most are not stored in tissues to any great extent; rather, excesses are excreted in the urine. Thus, the risk of toxicity is not as great as fat-soluble vitamins.

### In what amounts do you need each vitamin?

Vitamin	DRI :	UI
A	Men: 900 ug/day Women: 700ug/d	3000ug/d
D	Adults: 5 ug/d (19-50 yr) 10ug/d (51-70 yr) 15 ug/d (>70)	50ug/d
E	Adults: 15mg/d	1,000mg/d
K	Men: 120 ug/day Women: 90ug/d	
C	Men: 90mg/d Women: 75mg/d Smokers +35mg/d	2,000mg/d
Thiamin	Men: 1.2mg/d Women: 1.1mg/d	
Riboflavin	Men: 1.3 mg/day Women:1.1mg/d	
Niacin	Men: 16mg/d Women 14mg/d	
Folate	Adults: 400ug/d	1,000 ug/d
B12	Adults 2.4ug/d	
B6	(19-50yr): 1.3 mg/d	100mg/d

\*all recommendations are for both males and females ages 19-70 unless otherwise specified

**The DRI Family** - There are 4 different values that make up the DRIs: RDA, AI, EAR, and UL.

- **Recommended Dietary Allowance (RDA):** The amount of a nutrient expected to meet the needs of nearly all healthy people, while lowering the risk of certain chronic diseases.
  - Most people should try for this intake.
- **Adequate Intake (AI):** AI has a similar meaning to RDA. AIs are used for some nutrients because there is not enough scientific evidence to set a firm RDA.
  - Most people should try for this intake when RDA values are not available.
- **Estimated Average Requirement (EAR):** The amount of nutrient expected to meet the needs of half the healthy people in a group.
  - EAR is used by health professionals to measure the nutritional status of a group.
- **Tolerable Upper Intake Level (UL):** This is the maximum intake that probably will not pose risks for health problems for almost all healthy people.
  - UL is not equal to the desired level of intake. Intakes should remain below UL unless medically advised.

<b>Vitamin</b>	<b>Functions</b>	<b>Sources</b>
	Vision; skin; bone and tooth growth; immunity; regulation of gene expression; reproduction	Fortified Milk; carrots; beef liver; sweet potato; spinach; bok choy; apricots
	Mineralization of bones and teeth	Sunlight promotes vitamin D synthesis in the skin. Salmon; fortified milk; shrimp
	Antioxidant: protects cell membranes, regulates oxidation reactions, protects polyunsaturated fatty acids)	Sunflower seeds; wheat germ; canola oil; safflower oil; mayonnaise (made with safflower oil)
	Synthesis of blood-clotting proteins and bone proteins	Spinach; cabbage; lettuce; cauliflower; soybeans; canola oil
	Supports immune system; collagen synthesis: forms scar tissue, provides matrix for bone growth; restores vitamin E to active form; boosts iron absorption	Most fruits and vegetables; especially: oranges, grapefruits, red & green peppers, sweet potatoes, broccoli, strawberries, Brussels sprouts and bok choy; orange juice
	Energy metabolism; supports normal appetite and nervous system function	Whole and enriched grains; legumes; seeds; pork, ham, bacon; liver
	Energy metabolism; supports normal vision and skin health	Milk, yogurt, cottage cheese, meat, liver, leafy green vegetables, whole-grain or enriched breads and cereals
	Energy metabolism	Milk, eggs, meat, poultry, fish, whole-grain and enriched breads and cereals, nuts, and all protein containing foods
	New cell synthesis; important for pregnant women for the development of their fetus	Asparagus, avocado, leafy green vegetables, beets, legumes, seeds, liver, enriched breads, cereal, pasta and grains
	New cell synthesis, helps maintain nerve cells	Animal products (meat, fish, poultry, milk, eggs)
	Amino acid and fatty acid metabolism; helps make red blood cells	Meats, fish, poultry, liver, legumes, fruits, potatoes, whole grains, soy products
	Energy metabolism	Meats, fish, poultry, liver, legumes, fruits, potatoes, whole grains, soy products

Source: (Sizer, 2006).

# Iron, the Body's Gold: Are you Getting Enough?

Every living cell in the body contains iron. It is a component of two proteins: **hemoglobin** in red blood cells, and **myoglobin** in muscle cells.

**Hemoglobin proteins** are responsible for carrying fresh oxygen from the lungs to tissues throughout the body. **Myoglobin proteins** are responsible for carrying and storing oxygen for muscles. Therefore, Iron is so important because it helps these proteins hold and carry oxygen and then release it. Iron is also needed to create new cells, amino acids, hormones, and neurotransmitters as well as helping many enzymes to use oxygen. These tasks are critical for your body's proper functioning and this is why it is vital that you get enough iron!



## ➤ What happens when you don't get enough Iron?

Iron deficiency or iron deficiency anemia can develop when you do not consume or absorb enough iron.

**Iron deficiency** is when the body has depleted iron stores, which can cause iron deficiency anemia.

**Iron deficiency anemia** is caused by having a lack of iron and is characterized by smaller red blood cells that are lighter in colour than normal. Anemia literally means "too little blood". When the body does not have enough iron, it will be making fewer and smaller red blood cells and will have less hemoglobin, resulting in a lack of oxygen being delivered to the body's cells. This limited supply of oxygen hinders the cells' energy metabolism and can greatly affect your energy levels.

## ➤ Who is at risk for iron-deficiency anemia?

Women are especially vulnerable to iron deficiency anemia because not only do they need more iron than men, but they also tend to eat less food. Infants over six months of age, young children, adolescents, menstruating women, and pregnant women all have increased need for iron to support the growth of new body tissues or replace losses.

## ➤ Common causes of Iron-deficiency anemia:

- **Heavy menstrual bleeding:** because most of the iron in the body is in the blood, losing blood means losing iron. Women need one and a half times as much iron as men do due to menstrual losses.
- **Not getting enough iron from food:** many substances in foods can hinder iron absorption such as coffee or tea, so eating the right foods at the right time is important.
- **Bleeding inside the body.** This can be caused by ulcers, hemorrhoids or cancer. Bleeding inside the body is the most common cause of iron deficiency anemia in men and in women after menopause.
- **Poor iron absorption in the body:** this can occur in people with celiac disease or if one has had part of their stomach or small intestine removed.

➤ **How much Iron do you need?** The Recommended Dietary Allowance (RDA) for Iron is 8mg/day for men (19-50 years old). Women (19-50 years old) need 18mg/day and women who are pregnant need significantly more iron at 27mg/day. Women 51+ need 8mg/day.

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