

# NUTRITION To Go

Volume 2 ♦ Issue 6 ♦ June 2021

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FOOD PANTRY


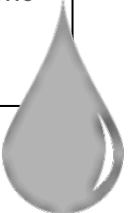
Did you know? Now you can visit the pantry two times per month to pick up food.

¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

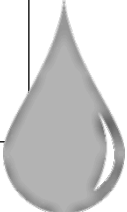
## Weird Water Facts



Hot water can freeze more quickly than cold water in some conditions, known as the Mpemba effect.

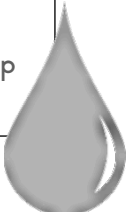


Drinking plenty of water can help prevent exercise-induced asthma!




The human body is 60% water.

Watermelon is 92% water.



It takes 52 gallons of water to produce the coffee beans for one cup of coffee.



97% of the Earth's water is salty. 2.1% is locked up in polar ice caps and less than 1% is available as fresh water.

### Tips for Staying Hydrated in the Heat!

1. Drink water with every snack and meal.
2. "Spice up" your water with fruit pieces or a splash of juice to help you drink more.
3. Eat more fruits and vegetables. Their high water content will add to your hydration. About 20% of our fluid intake comes from foods.
4. Keep a bottle of water with you in your car, at your desk, or in your bag.
5. Drink water before, during and after being out in the sun & heat.

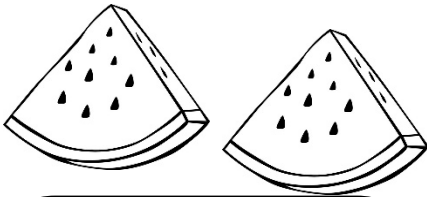
### ¡Consejos para mantenerse hidratado en el calor!

1. Beba agua con cada merienda y comida.
2. "Dale sabor" a tu agua con trozos de fruta o un chorrito de jugo para ayudarte a beber más.
3. Coma más frutas y verduras. Su alto contenido de agua se sumará a su hidratación. Aproximadamente el 20% de nuestra ingesta de líquidos proviene de los alimentos.
4. Lleve consigo una botella de agua en su automóvil, en su escritorio o en su bolso.
5. Beba agua antes, durante y después de estar afuera en el sol y el calor.

## Rethink your drink

Sugary drinks are any liquids that are sweetened with added sugars. Regular soda, fruit drinks, sports drinks, energy drinks, and sweetened tea or coffee beverages are sugary drinks. Drinking sugary drinks is associated with health problems, such as obesity, type 2 diabetes, heart disease, and cavities.

Do you know how much sugar is in your drink? Check out the chart below. Do you need to rethink your drink?



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## Bebidas bien decididas

Las bebidas azucaradas son líquidos endulzados con azúcares añadidos como refrescos, bebidas de fruta artificial, bebidas de deporte. Beber bebidas azucaradas se asocia con problemas de salud, como obesidad, diabetes tipo 2, enfermedades cardíacas y caries.

¿Sabes cuánta azúcar hay en tu bebida? Consulte la tabla a continuación y decide bien tu bebida.

Drink	How many teaspoons of sugar in one cup?
<u>Water</u>	 0 tsp
<u>Sports Drink</u>	 5 tsp
<u>Sweet Tea</u>	 6.5 tsp
<u>Apple Juice</u>	 6.5 tsp
<u>Cola</u>	 7 tsp
<u>Energy Drink</u>	 7 tsp
<u>Chocolate Milk</u>	 8 tsp
<u>Orange Soda</u>	 10.5 tsp

## Strawberry Watermelon Fruit Pops

These 100% fruit pops are a simple, fun and healthy way to cool off and stay hydrated this summer.

Ingredients:  
3 cups diced watermelon  
1 cup hulled strawberries  
juice from 1/2 lime

Directions:  
Place all ingredients in a blender and puree until completely smooth.  
Pour into popsicle molds and freeze 3-4 hours, or until very solid.

You may also use little paper cups. If using paper cups, freeze for 1 hour before inserting popsicle sticks then freeze another 3 hours.