



Nutrition Education

The Importance of Water

Did you know that water is one of the body's most important and essential nutrients? **Staying properly hydrated is crucial to overall health.** It is a good habit to be aware of your daily water intake to avoid dehydration.

What does water do?

- Helps carry nutrients throughout your body
- Maintains blood volume
- Helps to protect and cushion the body including your organs
- Aids in regulation of body temperature



Water recommendations

The most common recommendation for water is to drink eight – 8 oz of water per day (totaling 64 oz per day). This is a general recommendation as water/fluid needs vary person to person depending on factors such as activity level, diet, and medical conditions.

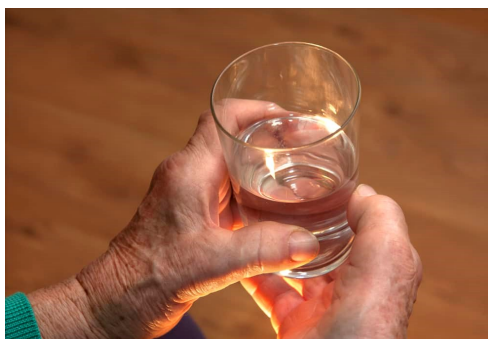
Did you know a person needs more water when being active, in hot climates, during illness such as diarrhea, fever and vomiting.

Fun Food Facts:

Some fruits and vegetables can contain up to 90% water!

Try including hydrating foods into your diet such as watermelon, lettuce, strawberries, celery, fat free milk, oranges and more.

Eat Your Water



Ways to Hydrate









- ⇒ Carry a refillable water bottle with you wherever you go
- ⇒ Set a timer to remind you to drink water
- ⇒ Keep a glass of water next to you while you are at home
- ⇒ Choose water when eating out. You'll save money and hydrate at the same time.
- ⇒ Add fruit to your water for natural flavoring

Source:
The Academy of Nutrition and Dietetics
and
Understanding Nutrition
by Whitney and Rolfes

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Presented by: Becky Bruno,
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| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| <p>1% Milk served each meal</p> <p><i>Menu subject to change without notice.</i></p> | <p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat 🌱 = Vegetarian Day</p> | <p>CELEBRATING PRIDE MONTH</p> | <p>Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+, Dessert</p>  | <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p> |
| <p>5</p> <p>Ginger Beef Bowl Carrots* Brown Rice Fruit+</p> | <p>6</p> <p>Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+</p>  | <p>7</p> <p>Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Rice Pilaf Fruit</p> | <p>8</p> <p>Sweet & Sour Pork Broccoli+ Asian Blend Veggies Brown Rice Fruit</p> | <p>9</p> <p>Pasta w/Marinara Sauce House Salad* Garlic Bread Fruit+</p>  |
| <p>12</p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit</p> | <p>13</p> <p>Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+</p> | <p>14</p> <p>Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit</p>  | <p>15</p> <p>Albondigas Soup+* (with beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit</p> | <p>Holiday Meal <> 16</p> <p>BBQ Chicken Quarter Potato Salad Sweet Corn Biscuit Fruit+, Dessert</p>  |
| <p>HOLIDAY 19</p>  | <p>20</p> <p>Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+</p> | <p>21</p> <p>Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit</p>  | <p>22</p> <p>Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit</p> | <p>23</p> <p>Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit</p> |
| <p>26</p> <p>Baked Cod with Lemon Yogurt Sauce Brussels Sprouts+ Peas and Carrots* Orzo, Fruit</p> | <p>27</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato & Onion Chickpea Carrot Salad* Fruit+</p> | <p>28</p> <p>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit</p> | <p>29</p> <p>Veggie Chili over Baked Potato+ Roasted Broccoli+ Cornbread Fruit</p>  | <p>30</p> <p>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit</p> |

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org