

# 11

## Fluids— How Much Is Enough?

*Are you really hungry or are  
you merely thirsty?*



**Fluids—  
How Much  
Is Enough?**

What kind of fluids could you be drinking and are they necessary for your health and well-being? Up to this point the discussion has centered on the technique needed to tune into our internal body signals to regulate hunger and the quantity of food your body needs. The act of tasting and savoring your food was also stressed because it allows you to be satisfied with less. Pausing during your meal allows you to stop and focus on your eating and consciously decide if you would like more, also allowing you to be satisfied with less.



Many individuals in the diet mentality fill up with water, coffee, or soup to lessen their hunger pangs temporarily. They are avoiding their natural hunger signals. Filling up with liquids instead of a meal makes them feel bloated and temporarily full. However, by the following meal, they may be famished and eat anything and everything.

**LATER...**



Filling up on water prior to the meal is the diet method of dealing with hunger pangs. This makes you artificially full and you eat less at the meal. In other words, the bloating effect of the water causes you to eat less. This is not dealing with your physical hunger; it is avoiding the hunger or trying to dampen it artificially.

HUGS™ philosophy is to eat when you are hungry and drink fluids when you are thirsty. If you try to trick your body by filling it up with fluids when you are actually hungry, it may work temporarily, but will lead to uncontrollable hunger later on.

Adequate fluid intake is important for your health and well-being. Using the technique of tuning into your body to determine when you are thirsty is not as effective as it was for regulating hunger. Scientists don't yet fully understand how the thirst mechanism works. However, they do know that if you wait until you are thirsty, then you are partially dehydrated.

If you avoid your thirst signals you will eat more. All foods contain a certain amount of fluid. If you are not obtaining enough fluids from water or juices to rehydrate your body's proper functioning, your body will signal you to eat more to obtain these fluids.

YOU COUNT,  
CALORIES  
DON'T

If you go for a walk, and your natural cooling mechanism causes you to lose some water through perspiration, you need to rehydrate yourself when you come back.

Suppose you come back from your walk and see some watermelon in the fridge which contains 92 percent water. You are thirsty and it sure looks good. You eat 4 slices to quench your thirst when really what your body wanted was water. Your fluids are replenished from food rather than from fluids. Unfortunately, you may be even more thirsty due to the high-sugar content of the fruit.



The HUGS™ strategy would be to drink a sufficient amount of fluids, namely water, to rehydrate your body. If you still want the watermelon, have it after the fluid replacement, and you may actually be satisfied with less watermelon. Filling up on ice cream, popsicles, or a milkshake to cool you off and replace fluids does not address the real problem. These items are cold and they do not effectively replenish the fluids in your body. You may still be thirsty and feel unsatisfied.

### **SIGNS OF DEHYDRATION**

How do you know if you are not consuming enough fluids? Watching for the signs of dehydration can give you the answer. Water is as critical to the body as oil is to a car's engine. The body needs fluids to function properly. Fluids allow reactions to take place in the body processes that keep you going.

Blood consists mostly of water and it carries oxygen and nutrients to your brain. Without enough water, you get a headache. This pain in your head is caused by insufficient oxygen, carried by water, to your brain. Dizziness and lack of concentration can also result if less nutrients and oxygen are carried to the brain.

Water is also the main ingredient in urine which carries wastes away from the body. Water is also needed to keep food moving through the intestinal tract and to help prevent constipation which may occur if you're eating high-fiber foods.

Without water we would die in a few days, yet we

**Fluids—  
How Much Is  
Enough?**

**A dark-colored urine where only small amounts are eliminated is an indication of dehydration. If your body is not taking in sufficient fluids, it keeps you from further becoming dehydrated by releasing less water.**

can live for weeks without food. A dark-colored urine where only small amounts are eliminated is an indication of dehydration. If your body is not taking in sufficient fluids, it keeps you from further becoming dehydrated by releasing less water. Your urine is darker as it becomes more concentrated. Fluid retention may be another indication that our body is not taking in enough fluids. When the body gets less water, it perceives this as a threat to survival and begins to hold onto every drop. If you are taking vitamin pills, and you take in more than your body needs, the water-soluble vitamins B and C are passed through the urine, making it a darker color. In this situation, color would not be a good indicator of a state of hydration.

A weak fluttering pulse may be another sign of dehydration. A lower intake of water means that you will have less volume of blood. This will cause your heart to race or beat faster in order to pump the diminished supply of blood to your muscles.

Some water is produced as a by-product of metabolism. Six to 8 glasses of liquid per day are usually needed to make up the balance. For example, under stressful situations, your blood becomes thicker once the reflex responses have kicked in. Drinking 6 to 8 glasses of water per day can offer a protective effect since it dilutes your blood.

**For weight loss, water is particularly important because it is necessary to help the body metabolize or break down fat. In short, water is necessary for your health and well-being. You know when you are dehydrated and consuming insufficient fluids; however, your thirst mechanism is not very sensitive in telling you when to drink fluids.**

### **QUENCHING YOUR THIRST**

Going from soda pop or diet drinks to water is quite a drastic change. The more enticing fluids attract you because of their appeal to your senses of color, flavor, and taste. You may shift to drinking water because you feel you should drink it, rather than because you enjoy water and like the taste of it. If you change to water gradually you will get used to it.

Let's take a look at the different types of liquids and

their relationship to rehydrating you and quenching your thirst. Fluids listed as diuretic do not rehydrate you due to their effect of ridding the body of fluids by increasing urine production.

### FLUIDS AND THEIR FUNCTIONS

Type of Beverage	Rehydration	Quenches Thirst
<b>Coffee</b>	No, it's a diuretic	Yes
<b>Tea</b>	No, it's a diuretic	Yes

Coffee and tea cause the blood vessels to dilate as the result of the xanthine content. Although caffeine is the strongest stimulant in coffee, tea, and cocoa, these drinks also contain other related xanthine compounds such as theophylline and theobromine that have similar, though less potent, effects. Caffeine is the main xanthine in coffee; but theophylline predominates in tea, and cocoa contains large amounts of theobromine. These chemicals contribute significantly to the stimulant effects of tea and cocoa.

<b>Decaffeinated coffee</b>	No, it's a diuretic	Yes
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Note that decaffeinated coffee still contains 2 other stimulants called theophylline and theobromine. Cutting out coffee and tea can cause caffeine withdrawal symptoms such as headaches, so taper off coffee and tea consumption gradually. Switching from coffee to tea can lead to a gradual decrease in caffeine content. A 5-oz (150 mL) cup of strong tea brewed for 5 minutes contains 45 mg caffeine while a 5-oz (150 mL) cup of percolated coffee contains 110 mg caffeine. Use the substitution of tea for coffee only if you enjoy the taste of tea; otherwise, you may feel psychologically deprived by using what you would classify to be an inferior substitute.

<b>Milk</b>	No, net effect is dehydration due to high calcium and protein content	Yes
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<b>Soft drinks</b>	Partially	No, due to high concentration of sugar, which makes you more thirsty.
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<b>Diet drinks</b>	Yes	Somewhat
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These drinks are artificially sweetened and have a sweet taste. Substituting these for regular drinks does not allow you to acquire a taste for less sweet foods. The increased consumption of artificially sweetened products has not decreased society's craving for sweets or the incidence of obesity. However, diet drinks do have their place. If you particularly like certain diet drinks, try adding a little water to them. Gradually increase the amount of water you add. This will allow you to achieve the goal of learning to acquire a taste for less sweet foods.

<b>Juices</b>	Partially	No, high concentration of natural sugar, makes you more thirsty.
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Usually drinking pop or juices leaves you with the feeling of wanting more.

<b>Alcohol</b>	No	No
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*Even though alcoholic beverages are not diuretics, they do have a diuretic effect in that they increase urine production.<sup>1</sup> Alcohol inhibits the secretion of the antidiuretic hormone. During an alcoholic bout, lack of this hormone combined with the dilating of the vessels of the kidney add to this effect. The diuretic effect of alcoholic beverages can cause a state of dehydration commonly known as a hangover.*

**Fluids—  
How Much Is  
Enough?**

No more than 2 to 3 cups of coffee per day is recommended. Large amounts of coffee can cause diarrhea while the tannins in tea may help stop simple diarrhea.<sup>2</sup> Adding milk to the tea can bind the tannins and partly reduce their effect.

Drinking tea with meals can inhibit the absorption of iron from non-heme sources such as cereals and vegetables. One study showed that drinking tea with a meal decreases iron absorption by 62 percent.<sup>3</sup>



A mechanism by which tea is thought to influence iron absorption is by the formation of insoluble iron tannates. When milk is added to tea, the protein in milk reacts with the tannin in the tea and prevents the body from absorbing tannin. Adding milk to the tea binds the tannin, therefore improving the absorption of iron. Tannin in tea also slows the release of its caffeine and makes it a less immediate shock to the nervous system than the caffeine in coffee.



It was found that coffee may also decrease iron absorption, but not as much as tea. In a study done by Morck, Lynch, and Cook,<sup>4</sup> a cup of coffee (250 mL) reduced iron absorption from a hamburger meal by 39 percent as compared to a 64 percent decrease with tea. This study suggests that reduced absorption was most marked when the coffee was taken with the meal or up to one hour later. A significant fraction of the meal would still be in the stomach after one hour and therefore the coffee would still decrease iron absorption.

**Drinking coffee or tea prior to a meal or at least one hour after you finish eating, will not interfere with iron absorption. Drinking fluids high in vitamin C such as juice spritzers (see p229) can enhance the absorption of iron from cereals and vegetables. (Refer to Chapter 4 p107 for list of foods high in vitamin C.)**

Switching from coffee to tea provides a gradual drop in caffeine content. Since tea has about half as much caffeine as does coffee; withdrawal symptoms would be minimized. One way to test how addicted you are to caffeine is to try to stop using it for a day or two. Withdrawal symptoms are common. The first one to occur is usually a headache, which may develop as soon as 18 hours after the last dose of caffeine.

**SYMPTOMS OF  
CAFFEINE  
WITHDRAWAL  
OR OVERDOSE**

- headache
- drowsiness
- lethargy
- yawning
- runny nose
- irritability
- disinterest in work
- nervousness
- mental depression
- nausea
- vomiting

The headache typically begins with a sensation of fullness in the head and progresses to a painful throbbing that is made worse by bending over and by exercise. It is relieved by caffeine, or painkillers that contain caffeine such as Anacin or Excedrin. Caffeine is included in headache remedies to constrict blood vessels in the brain, since dilated blood vessels contribute to migraine-type headaches. Regular coffee drinkers who abstain from caffeine in the evening may wake up with a headache the next morning.

Caffeine is one of the nonprescription mood-altering drugs. Abrupt withdrawal may mimic the symptoms of consuming too much caffeine.

In a study done at Johns Hopkins University, it was found that withdrawal symptoms began 18 hours after caffeine intake, peaked at 24 hours, and then gradually decreased. Withdrawal symptoms included headache, fatigue, muscle stiffness and soreness (flu-like symptoms), and significant deterioration of mood and behavior.

Wean yourself off coffee gradually by decreasing the number of cups of coffee by one or two a day until you're down to a safe level of 2 to 3 cups (500 to 750 mL) a day. Switching to tea is a gradual reduction of caffeine. Eventually steep the bag for less time for less total caffeine content. Start switching to tea only if you enjoy the taste. Otherwise, you will be using it as a poor substitute for something you really like. The end result may be a feeling of deprivation, which is something you are striving to avoid. Another method would be to gradually mix more decaffeinated coffee into the pot brewed each morning.

Further insight revealed that overnight abstinence of caffeine caused low-grade withdrawal symptoms. For this reason, taking coffee in the morning may give you a lift because it suppresses withdrawal symptoms. Caffeine drinkers are more lethargic and irritable in the morning before drinking coffee than are caffeine abstainers.

Heavy consumption of caffeine is considered to be about 8 cups (2 L) of coffee per day. Moderate consumption is 4 cups (1 L) of coffee or less per day.

**Fluids—  
How Much Is  
Enough?**

Even though chocolate contains cocoa which contains caffeine, you would have to consume about half a pound (225 g) of dark chocolate and a pound or more

CAFFEINE CONTENT OF FOODS		
SOURCE	AMOUNT	CAFFEINE
Brewed coffee	6 oz (175 mL)	66-180mg
Instant coffee	6 oz (175 mL)	60-100mg
Decaffeinated coffee	6 oz (175 mL)	2-5mg
Tea (5-minute brew)	6 oz (175 mL)	79-110mg
Tea (1-minute brew)	6 oz (175 mL)	20-45mg
Colas	10 oz (300 mL)	22-50mg
Chocolate milk	8 oz (250 mL)	2-7mg
Hot cocoa from Mix	6 oz (175 mL)	6-30mg
Milk chocolate	1 oz (28 g)	1-15mg
Dark chocolate	6 oz (175 g)	5-35mg
Baker's chocolate	1 oz (28 g)	26mg

(±450 g) of milk chocolate to get the stimulant effect of 1 or 2 cups (250 to 500 mL) of brewed coffee.<sup>5</sup> Coffee is the main source of caffeine.

**When a healthy human adult consumes caffeine, about 99 percent of it is absorbed, with peak blood levels reached within 15 to 45 minutes. The half-life of caffeine, or the time it takes for the body to eliminate 50 percent of the caffeine consumed, varies from 3 to 7.5 hours.<sup>6</sup>**

When you drink a cup of coffee, the caffeine enters your bloodstream, and you feel alert. Within 3 to 7.5 hours you reach for another cup of coffee to get the same feeling back again. However, this effect can be achieved naturally through a healthy life-style. Because caffeine stimulates the body to release more glucose into the bloodstream, it can artificially give you that mental lift to keep your energy level high. The sudden rise in your blood glucose causes your pancreas to over secrete insulin which causes blood glucose levels to quickly drop. This is what makes you want another cup of coffee shortly after the first cup—to bring the blood glucose levels back up.

*Are you “jump starting” your body with caffeine instead of food? Needing that first cup of coffee to get you going signals a physical dependence on an unnatural stimulant. Natural stimulants such as physical activity and healthy eating decrease the dependence*

YOU COUNT,  
CALORIES  
DON'T



on these artificial stimulants.

Try eating a more substantial breakfast, followed by a single cup of coffee. This uses the beverage more for enjoyment than for a lift. Using coffee in the right way will allow you to enjoy it. Using it in place of food will not benefit your health.

If you can't live without that cup of coffee first thing in the morning and use the stimulants in coffee to get you going, you are likely addicted.

### TEA/HERBAL TEA

While many herbal teas are perfectly safe, others contain potent drugs that could prove more hazardous than caffeine. Herbal teas are popular because their range of claims are said to pick you up, calm you down, speed up or slow down the bowels, and even improve your sex life.

Treat herbs as drugs. They may have ingredients that affect the system in the same way that caffeine and alcohol do. These biologically active ingredients are usually present in low concentration so that drinking a little presents no noticeable problem. However, some teas are combinations of herbs that may increase or decrease the effect of a drug you are taking.

Currently in Canada, there are no government regulations controlling the sale of herbal teas. Some ingredients are safe, some are not. Knowledge is your best protection.

### Some Rules of Thumb to Consider

- *Read labels* If the herbal tea package doesn't list ingredients, don't buy it!
- *Not all herbal teas are caffeine-free.* Herb or spice blends that contain black tea, green tea, or mate have caffeine.
- *Introduce a new tea slowly* Brew weak tea at first. Allow the tea to steep for a few minutes then remove the herbs. Drink only in moderation until the tea's effect on you is known to be safe.
- Brew fresh tea each time, since active chemicals are slowly leached from the plant as it steeps.
- Use the HUGS™ philosophy of listening to your body. Try half a cup (125 mL) of weak tea the first time, and if it has no ill effect, you might try a full cup the next time.
- Know your herbs and how to use them.

### Putting the Zip in Tea: A Safer Alternative

Tea is a sensible alternative to soft drinks and coffee.

## TEA INGREDIENTS CONSIDERED SAFE

Peppermint  
Spearmint  
Mellissa or Balm  
Dandelion  
Red and Black Raspberry  
Cayenne  
Slippery Elm  
Ginger  
Rose hips (high in vitamin C) and hibiscus

None of these teas have been known to cause birth defects. Both rose hips and hibiscus have mild laxative and diuretic effects. There is no reason not to use them.

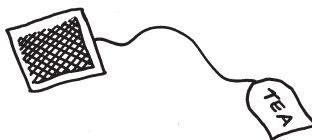
## INGREDIENTS TO BE AVOIDED - DEADLY

St. John's Wort  
Golden Seal  
Calamus Root  
Sassafras or safrole

Sassafras tea is a mild stimulant that contains a potent cancer-causing compound known as safrole. Prior to 1960, it had been widely available. It is available today in health food stores.

## SEVERE DIURETICS OR STRONG LAXATIVES

Juniper Berries  
Shave Grass (Horsetail)  
Buckthorn Bark  
Senna Leaves, Flowers  
Dock (Burdock)  
Aloe Leaves and Bark  
Alfalfa Tea (in excess)



## MIND-ALTERING

Hyssop  
Juniper  
Catnip  
Hydrangea  
Kavabava  
Lobelia  
Jimsonweed  
Wormwood  
Nutmeg in high doses

These teas affect the central nervous system. Typical symptoms are blurred vision, dry mouth, inability to urinate, bizarre speech and behavior including hallucinations.

## ALLERGIC REACTIONS

Yarrow  
German and  
Roman Camomile  
Goldenrod  
Marigold

These teas should be avoided by sensitive persons such as those allergic to ragweed. For all persons they should be consumed in moderation only, not more than 2 cups (500 mL) per day and not on a daily basis.

## OTHERS TEAS TO AVOID

Ginseng\*  
Fennel\*  
Licorice Root\*\*\*

\*These have hormone-like effects such as painful or swollen breasts even in men. Prolonged use (over 6 months) may cause insomnia, diarrhea, and depression.

\*\*\*In large amounts, tea may cause water and sodium retention, possible high blood pressure, and even cardiac arrest.

YOU COUNT,  
CALORIES  
DON'T

After water, it is the most reasonably priced beverage, costing just a few cents a cup.

*Note* For weaker tea with less caffeine, brew for less time. Adding juices to the tea adds some flavor, dilutes the caffeine in the tea, and decreases the

#### DIRECTIONS FOR A NICE CUP OF TEA

Bring fresh, cold water to a full rolling boil. Warm teapot by filling it with hot tap water. Use 1 tea bag or 2 tsp (10 mL) of loose tea for every 2 cups (500 mL) water. Pour the warm water out of the teapot, add the tea and then pour boiling water over the tea. Cover and brew for 3 to 5 minutes, stir, remove tea bags or strain loose tea, and serve.

diuretic effect of the tea.

Adding more variety and interest to your beverages allows you to get more psychological benefit from fluids. Here are some ideas to use tea as a more exotic beverage.



- Combine equal amounts of freshly brewed tea and warm apple juice. Sprinkle with cinnamon and nutmeg or include a cinnamon stick. This is especially good for those trips in winter when you take along a hot thermos of your favorite drink. The flavor from the cinnamon stick will leach into the water.
- Hot tea plus a few teaspoons (mL) each of lemon and honey is a favored remedy for sore throats any time of year. To make it extra special, top it off with a twist of lemon peel.
- Freshly brewed cup of tea plus 1 tsp (5 mL) grated orange peel and a cinnamon stick to garnish.
- Freshly brewed cup of tea plus 1/4 tsp (1 mL) each of vanilla and almond extract.
- Freshly brewed tea plus fruit juices. Try pineapple, grapefruit, or orange juice, half and half, with hot tea. Garnish with lemon or orange slice.
- For a hot vegetable sipper, combine 1/2 cup (125mL) freshly brewed tea with 1/2 cup (125mL) warm vegetable cocktail juice. Season with 1 tsp (5 mL) Worcestershire sauce.
- Equal portions of hot tea plus warm pineapple juice plus a few lightly crushed cardamon pods. The aroma is wonderful; the taste is sensational.

**Fluids—  
How Much Is  
Enough?**

The juices provide some of the natural sweetness. Add sugar or honey to sweeten, if desired. Keep in mind that you gradually want to acquire a taste for less sweet foods. The juices provide sweet calories from the natural sugar, so check carefully. Do you really want that extra sugar or is it purely habit?

**CAFFEINE AND WEIGHT**

Can drinking more coffee burn fat? This question is asked from time to time in the HUGS™ class.

Here's the answer you've been waiting for. Caffeine raises the metabolic rate which means that you will burn more calories at rest. Caffeine is also known to burn more fat during exercise. It does this by sparing glycogen, your carbohydrate stores, and using fat as a fuel source. The down side of caffeine consumption is that it triggers the release of insulin which causes blood sugar to drop, as discussed on p221.

As you know, when your blood sugar is low, you are hungry. You eat more, replacing the fat that you lost. Increasing your caffeine content does not give you any overall weight loss benefit. As for increased endurance that occurs by sparing glycogen and using fat as a fuel source, this will be offset if too much caffeine is consumed. It is known that athletes who drink 3 to 4 large mugs of coffee before competition become so hyper they perform poorly.

Normally when on a diet, a person switches from regular drinks to diet drinks. But is this learning to acquire a taste for less sweet foods? You still crave sweet foods even though you substitute a diet item for the regular one. Studies have shown that switching to diet products is not decreasing the incidence of obesity.

Diet thinking suggests that you are allowed to eat more if the product contains less calories. "I'll eat a big supper and finish off with an artificial sweetener

**Our society used to be concerned with sugar. Now sugar is no longer bad; it is fat that is the culprit. Yet there is no such thing as a perfect way of eating and no food is good or bad. It is the food balance that is important so that you minimize the starve/binge cycle.**

YOU COUNT,  
CALORIES  
DON'T

in my coffee.” This all-or-nothing thinking is predominant in our society.

Carol used to drink diet drinks all the time and she relies on diet products. She couldn't understand why she always craved sweets when she saw them and she binged on them at social occasions. Possibly it was because the artificially sweetened foods still allowed her to like the sweet taste.

However, by gradually adding water to her beverages, Carol learned to acquire a taste for less sweet foods. She still likes chocolate cake but now a few bites will satisfy her. She actually finds the cake too sweet. The goal is to change your taste rather than simply reduce the calorie intake which does not address the real problem. If you have a sweet tooth you can gradually learn to like less sweet foods.

If you can't live without that cup of coffee first thing in the morning and use the stimulants in coffee to get

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*This scenario is typical of many people  
in our society.*



*John stayed up late last night and felt rushed this morning. He ate chips while watching the late movie.*

*He had no time for breakfast and didn't feel hungry anyway. He grabbed a cup of coffee and a donut at work. Then he felt better and ready for a day's work.*

*By 10 o'clock he was feeling tired and hungry. John thought he shouldn't eat any more so had another cup of coffee. That kept him going until lunch.*



**Fluids—  
How Much Is  
Enough?**

When blood sugar is low, you are hungry, tired, lack energy, and feel irritable. This lowers your level of productivity, decreasing your ability to concentrate. You may turn to these foods or beverages that lessen these symptoms temporarily (coffee and donuts) but end up sending your blood sugar on a roller coaster ride. This scenario is part of the “office syndrome.” Can you relate to it? Now you understand why it happens.

you going, you are likely addicted.

**ENJOYING THE TASTE OF WATER**

People do not drink simply to quench their thirst; they respond to a need that’s as much in the mind as in the body. Psychological satisfaction is the reason they drink (often something other than water) even if they’re not really thirsty. They may simply want to enjoy the taste of the beverage. Presentation of drinks and flavor combinations that excite the eye as well as the palate go a long way towards giving a person psychological satisfaction from drinks. Serving



*At lunch he felt starved and had a headache. He gulped his food so fast that there was little consciousness of what he ate and he neither tasted nor savored the food. He had room for dessert so ate it, rationalizing that he hadn’t eaten much earlier on so deserved it.*

*He ended the meal with 2 cups (500 mL) of coffee to get him going for the afternoon.*

*By midafternoon he felt sluggish. Since he overate at lunch he felt he shouldn’t eat anymore. He compensated for overeating by having only a cup of coffee to give him a boost. The coffee gave him an immediate surge of energy but then he felt wiped. His head was pounding.*



*By supper time, John was too tired to prepare a decent supper. He ate some cookies and plunked himself in front of television. He was tired of fighting the overpowering cravings and dealing with his wildly erratic energy levels.*

**Why was this happening to John? Poor eating habits caused him to depend on caffeine rather than food for energy. The choice of donuts provided an immediate burst of energy from the carbohydrates but 50 percent of these calories came from fat. Combined with caffeine which also resulted in a sudden increase in blood sugar, the foods gave a surge of insulin, resulting in a sudden drop in blood sugar.**

YOU COUNT,  
CALORIES  
DON'T



drinks in tall, fancy glasses or using a carafe full of a colorful drink on ice is appealing to the eye. Try making your drink special. You are worth it.

Just as you gradually decrease the fat content of foods you choose, you can gradually add water to beverages to learn to acquire a taste for less sweet drinks. Diet drinks do not help you to resist the inevitable binge on sweets at a social function if you have not conquered your craving for sweets.

Nondieters are more selective and eat only what they really like. If you learn to acquire a taste for less sweet foods, then you may choose to omit some sweet foods or have only a few bites since the food will taste too sweet to you. The end result is less quantity eaten because you choose to eat less, not because you feel you should stop eating sweets but because you do not crave them. You will eat only what you really want.

Eating more carbohydrates that break down into natural sugar will allow you to crave less sweets. Restricting carbohydrates causes your body's natural defense mechanism to kick in to cause you to crave the sweets so that you obtain the energy source from these foods.

Gradually add water to any juices, drinks, or diet drinks that you are now using as part of your fluid intake. This can also apply to coffee or tea. Eventually you will end up with colored water that will taste refreshing and will rehydrate you more effectively as well as quench your thirst.

#### **FLAVORED SELTZERS, JUICE SPRITZERS, OR REFRESHERS**

These creations quench thirst as well as appeal to the eye and taste buds. Start with  $\frac{2}{3}$  cup (150 mL) beverage or juice and  $\frac{1}{3}$  cup (75 mL) water, then go to  $\frac{1}{2}$  cup (125 mL) beverage or juice and  $\frac{1}{2}$  cup (125 mL) water a week or 2 later, followed by  $\frac{1}{4}$  cup (50 mL) juice or beverage and  $\frac{3}{4}$  cup (175 mL) water a few weeks later, until you reach the level that works for your taste buds and psychological satisfaction.

By doing this you don't add substantial "sugar" calories to your waist, and you quench your thirst besides.

**Fluids—  
How Much Is  
Enough?**

Mary didn't like orange juice because she found it too acidic. By adding more water than the directions specified, she made a taller drink, cut the acidity, got vitamin C, and at the same time quenched her thirst. She also began to enjoy foods that were not as sweet

**FRUIT SPRITZERS & REFRESHERS**

- Combine different juices and add ice cubes and spring water. Add slices of lemon or lime or a squirt of lemon or lime concentrate. Diluting lime cordial is another option.
- Spring water on ice with a squirt of lemon or lime is refreshing.
- Start with different cranberry versions of cocktail juices. Cranapple, cranraspberry, and crangrape add color and flavor to your drinks. Gradually add more water. Blackcurrant or raspberry cocktail can also make a refreshing drink.
- Invent your own flavored drinks. For example, mix a few drops of grenadine or blackcurrant syrup with water, and serve with fruit slices.
- Fruit juice spritzers are delicious. Try grape spritzer. Use 1/4 cup (50 mL) unsweetened white grape juice; 3/4 (175 mL) cup bottled spring water alone or with some diet 7-up. The bottled water will dilute the sweet taste of the diet 7-up so you are still learning to acquire a taste for less sweet foods by using the diet drinks in this way.
- Lemonade spritzer can be made from bottled water or ice and regular water added to lemonade. Water will cut the strong concentrated flavor of the lemon but leave the punch and appeal.
- Wine spritzers or light beers or diluted liqueurs are enjoyable.
- Try a shandy. Mix half beer and half ginger ale or lemonade. Add a little lime juice or lemon juice if you like. Try your shandy with light beer.
- Sangria is made from red or white wine on ice. Add spring water and fruit such as strawberries, lemon, lime, or orange pieces, some root beer, coke, or 7-up.
- Effervescent drinks (soda pops or diet drinks) can add bubbles to your juice spritzers instead of using bottled water and save you money at the same time.
- Squeeze an orange or lemon on ice water and add some slices or slivers of orange or lemon for a fast drink.
- Add celery sticks to water. The flavor will leach into the water with time, leaving a refreshing taste.

### WINTER SEASON DRINK SUGGESTIONS

- Add water to apple juice with a cinnamon stick or a dash of cinnamon. Heat it up in the microwave.
- Any of the refreshers on p229 can be heated up for a warmer drink for the winter.
- Try various fruit combinations of tea. The less time you allow the tea to steep in the water, the lower the caffeine content. Add fruit spritzer to regular tea for another version of a hot drink.
- Hot milk with a dash of instant coffee or a squirt of liqueur can be used for a special occasion. If you would like the alcoholic content to go, add liqueur to milk, and then heat it up. In this way, you get the benefit of the flavor without the alcohol.
- Heat milk for 1 minute in the microwave or on the stove, add 1/2 tsp (2 mL) of your favorite flavor of instant international coffee. Stir. This gives the hot milk an added punch with very little extra calories. Note that the first ingredient on these coffees is normally hydrogenated coconut oil to give them that rich taste. A little goes a long way.
- Egnog, HUGS™ style: Add milk to purchased eggnog to taste. Sprinkle with cinnamon and nutmeg. Heat and serve.

tasting.

Another idea is to try beverages, including water, at different temperatures. For some people, having a beverage too cold or too hot may not allow them to extract the true taste and enjoyment from the liquid. This is true even with water.

Water doesn't have to be boring. By creating some excitement with beverages, you will drink more fluids and eat because of physical hunger, rather than because your body needs to replenish the fluids.

Use your imagination with drinks. Fine-tune your fluid concoctions just as you did your present recipes.

Drinking plenty of water to rehydrate your body after exercising is important; otherwise you may feel dizzy because your body is pumping a diminished supply of blood to the brain. Use the technique of confrontation to determine whether you are really hungry or simply thirsty. Tuning into your signals for thirst may not be as effective as tuning into your

**Fluids—  
How Much Is  
Enough?**

hunger signals. When you drink, your thirst will feel quenched long before your fluid loss is replenished. This is especially pronounced during physical activity when you may become significantly dehydrated before you feel thirsty. It's possible to lose up to 2 quarts (2.3 L) of water before you notice your fluid loss. This is why it is important to drink water before, during, and after exercise in cold weather and in hot. Increase your fluid intake between meals and during meals and determine whether it helps you to actually eat less.

Dieters tend to drink fluids prior to meals hoping this will cause them to fill up on liquids. This in turn may make them eat less simply because they are temporarily more bloated. It leads to increased hunger later on once this feeling subsides.

When increasing the fiber content of your meals, water is essential because high-fiber foods absorb water. In order for foods such as whole grains to allow you to relieve constipation, enough water must be consumed. Increased intake of water in itself will help to improve your bowel movements.

Finding new excitement in fluids can allow you to derive psychological satisfaction from them, allowing you to better tune into your body's true needs.