Try these recipes for low-calorie beverages that’ll leave you refreshed and hydrated.

Homemade Citrus Sports Drink
- 3 ½ cups water
- ½ cup orange juice (or any juice such as passion orange, guava, grape, or pineapple)
- 3 Tbsp sugar
- ¼ tsp salt
- Squeeze of lemon

Combine water, juice, sugar, salt and a squeeze of lemon in a pitcher. Mix until sugar and salt are dissolved. Chill.

Yields 32 oz.

**NUTRITIONAL INFORMATION**
Serving 8 oz., Calories 50, Carbohydrates 12 g., Sodium 145 mg., Protein 0 g.

Green Tea Coconut Drink
- 3 ½ cups unsweetened coconut water
- ½ cup chilled green tea
- 1 Tbsp sugar or honey
- ¼ tsp salt

Combine unsweetened coconut water, chilled green tea, honey or sugar, and salt in a pitcher. Mix until sugar and salt are dissolved. Chill.

Yields 32 oz.

**NUTRITIONAL INFORMATION**
Serving 8 oz., Calories with sugar 50, Carbohydrates with sugar 12 g., Sodium 175 mg. (sodium content may be higher with fresh coconut water), Protein 2 g.

Fruit Infused Waters
Place any of the following ingredient combinations in a pitcher and gently crush with a spoon. Add 2 quarts of water and chill overnight.
- Crush 4-5 mint leaves in your hand. Add 1 cup of halved strawberries and 1 thinly sliced lemon.
- Core and thinly slice 2 apples. Add 3 whole cinnamon sticks.
- Crush 3 mint leaves in your hand. Add 1 thinly sliced cucumber and 4 kalamansi limes that have been quartered.
- Thinly slice 1 lime. Add 1 cup of honeydew melon cubes and 1 cup of thinly sliced cucumber.

Nutrition and Hydration Tips

Healthy eating and hydration go hand in hand when it comes to helping you thrive. Fuel your body right with fresh foods and refreshing drinks to look and feel your best.

<table>
<thead>
<tr>
<th>WHOLE GRAINS AND STARCHES</th>
<th>VEGETABLES AND FRUITS</th>
<th>LEAN PROTEINS</th>
<th>FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whole Grains</strong></td>
<td><strong>Vegetables</strong></td>
<td><strong>Lean Proteins</strong></td>
<td><strong>Fats</strong></td>
</tr>
<tr>
<td>Breads &amp; Crackers: Wheat, Rye</td>
<td>Red: Beets, Pepper, Potato, Radish, Tomato</td>
<td>Fish &amp; Seafood: (cooked, raw, or canned) Ahi, Aku, Akule, Catfish, Poke, Mahimahi, Salmon, Tilapia</td>
<td>Healthy Oils (use sparingly): Canola Oil, Olive Oil, Walnut, Flax Seed, Macadamia</td>
</tr>
<tr>
<td>Cereals: Bran, Oatmeal, Oat Bran, Muesli</td>
<td>Orange/Yellow: Carrots, Apricot, Cantaloupe, Grapefruit, Mango, Orange, Papaya, Peach, Pineapple, Star Fruit, Tangerine</td>
<td>Lean Meats &amp; Poultry: Chicken, Turkey (skinless)</td>
<td>Salad Dressings: Light Mayonnaise, Squirzhets, Vinaigrette</td>
</tr>
<tr>
<td>Rice: Brown, Red, Wild</td>
<td>Other Grains: Barley, Buckwheat, Bulgur, Quinoa</td>
<td>Lean Meats: Pork (loin or round cuts)</td>
<td>Non-Stick Cooking Spray</td>
</tr>
<tr>
<td>Other Grains: Barley, Buckwheat, Bulgur, Quinoa</td>
<td></td>
<td>Other Soy: Tofu</td>
<td>Walnut, Pecan, Pine, Pistachio</td>
</tr>
</tbody>
</table>

Mix it up! Incorporate a variety of whole grains, colorful produce, lean protein and healthy fats into your meals. Your palate will thank you.

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**THE NUTRIENTS YOU NEED**

- **Whole Grains**
  - Barley, Buckwheat, Bulgur, Quinoa
- **Starchy Vegetables & Others**
  - Corn, Peas, Potato, Okinawan (purple), Sweet Potato, Yams
- **Other Grains**
  - Barley, Buckwheat, Bulgur, Quinoa
- **Breads & Crackers**
  - Wheat, Rye
- **Cereals**
  - Bran, Oatmeal, Oat Bran, Muesli
- **Rice**
  - Brown, Red, Wild
- **Other Starches**
  - Corn or Whole Wheat Tortillas, Whole Wheat Pasta, Whole Wheat Pasta & Noodles
- **Starchy Vegetables & Others**
  - Corn, Peas, Potato, Okinawan (purple), Sweet Potato, Yams
- **Other Grains**
  - Barley, Buckwheat, Bulgur, Quinoa
- **Fruits**
  - Apple, Grapes, Honeydew, Pear
- **Other Soy Foods**
  - Tofu
- **Veggie Burger or meat substitutes**
  - Choose whole grains. Aim for at least 2 grams of fiber per serving.
  - Choose colorful produce in season.
  - Choose lean and local.
  - Fish & Seafood (cooked, raw, or canned)
  - Lean Meats & Poultry
  - Lean Meats: Pork (loin or round cuts)
  - Beans & Peas
  - Other Soy: Tofu
  - Other Soy Foods: Tofu
  - Veggie Burger or meat substitutes

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- **Healthy Oils (use sparingly)**
  - Canola Oil, Olive Oil, Walnut, Flax Seed, Macadamia
- **Salad Dressings**
  - Light Mayonnaise, Squirzhets, Vinaigrette
- **Non-Stick Cooking Spray**
- **Nuts & Nut Butters**
  - Almond, Cashew, Macadamia, Peanut, Soy
- **Walnut, Pecan, Pine, Pistachio**
- **Seeds**
  - Flax, Pumpkin, Sesame, Sunflower
- **Other Foods**
  - Avocado, Hummus, Olive Oil
Your Healthy Plate

Use this plate to help you portion your food in a healthy way and make meal planning easier.

(Portions are based on a small 8- to 9-inch plate)

Add to your diet

- Fill one quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils or tofu.
- Fill one quarter of your plate with healthy grains or starches such as brown rice, whole-wheat pasta, pol, taro, corn, peas, whole-grain bread, or tortillas.
- Fill one half of your plate with non-starchy vegetables, such as green beans, asparagus, tomatoes, or romaine lettuce.
- 2–3 small servings of fruit, such as an orange, banana, apple or berries.
- 2–3 cups of nonfat or low-fat milk or yogurt.
- A small amount of healthy fats, such as olive or canola oil, nuts or avocado.

Why is it important to stay hydrated while exercising?

Your muscles won’t perform at their best if your body is dehydrated. Dehydration can cause nausea and vomiting, a general feeling of weakness, headaches and muscle cramps.

How can I tell if I am hydrated?

Having clear to pale yellow (lemonade color) urine is a way to tell if you are properly hydrated. Using thirst to tell if you’re hydrated isn’t recommended because you may already be dehydrated before your feeling of thirst kicks in.

How much water should I drink before and during exercise?

Drink 2 cups (16 ounces) of water 2 hours before. Drink one more cup about 15 minutes before. Drink about ½ cup (4 ounces) every 15-20 minutes of moderate exercise. This is a must in Hawaii, where our weather is always warm and the humidity is high.

Do I need sports drinks to replenish my salts and carbohydrates while exercising?

Water is the best drink to keep you hydrated. But if you’re intensely exercising for longer than 60 minutes or if you’re a heavy sweater, then low-sugar sports drinks will help replace the salts and energy that you lose. Drink a few gulps every 15-20 minutes. If you’re exercising for less than 1 hour then you don’t need the extra calories and sugars from sports drinks.

What if I have diabetes?

People with diabetes need to take special precautions with exercise to prevent low blood sugar. It’s a good idea to check your blood sugar before you exercise and drink a diluted sports drink to prevent low blood sugar during long periods of exercise.

Hydrate for health

Remember to eat and hydrate properly when engaging in intense exercise for longer than 1 hour. Eat a banana or energy bar during your workout, and drink plenty of fluids—juice or a sports drink are great for replacing lost sodium and glucose.

Fuel Your Body

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