



The Monthly Newsletter of the Plymouth Place Dining Services, Life Enrichment & Wellness Departments

Nutrition News You Can Use

How Much Water Do You Need?

by Barbara Gordon, RDN, LD and Sarah Klemm, RDN, CD, LDN
From The Academy of Nutrition and Dietetics, www.eatright.org

Water is Essential to Life

About 60% of your body is water. Water plays a role in keeping all of your body systems working well. Staying well hydrated can help reduce your risk of developing kidney stones, urinary tract infections and constipation.

You lose water throughout the day with normal body processes, such as making urine, having bowel movements and sweating. Very active individuals can lose more water through sweat. Plus, illnesses such as fever and diarrhea result in additional water loss.

The Risks of Dehydration and Overhydration

If you lose more water than you take in, your body can become dehydrated. Dehydration can wreak havoc on your body, causing headaches, dizziness or digestion problems. Mild dehydration may impact your mood, memory or how well you're able to process information. These symptoms often go away once your body gets rehydrated. Medical attention is often needed with severe dehydration, since it can lead to more serious problems such as confusion, kidney failure, heart problems and possibly death.

It is also possible to become overhydrated. Although this is not as common, athletes and individuals with certain medical conditions may be at higher risk for overhydration. Symptoms of severe overhydration are similar to dehydration and may also require medical attention. For example, confusion and seizures can occur.

Fluid Needs Vary

Many factors impact how much water you need, including age, gender, activity level, and overall health. Individuals with certain health conditions, such as congestive heart failure or renal disease, also have different fluid needs.

Women need about 11.5 cups of water per day and men, about 15.5 cups. These estimates include fluids consumed from both foods and beverages, including water. You typically get about 20% of the water you need from food. Taking that into account, women need about nine cups of fluid per day and men about 13 cups in order to help replenish the amount of water that is lost.

Color Check

A quick and easy way to check if you are getting enough water is to take a peek at the color of your urine. If you are consuming enough, urine color will be a pale yellow. If it is a dark yellow or amber, you may need to increase your water intake.

Sources of Water

You can ingest water through a variety of beverages as well as eating foods with a high water content, such as fruits and vegetables.

Ways to Increase Water

- Listen to your body: If you are thirsty, drink water.
- Opt for water: To limit calories and sugar, drink water instead of soda or energy drinks.
- Drink water throughout the day: Consume water with meals, as well as between meals.
- Carry a refillable water bottle: Keep water handy, so it's there when you want to reach for a drink.
- Add a flavor enhancer: For variety, squeeze fresh lemon or lime juice into your water, toss in some cucumber slices or add a few fresh basil leaves.

Foods That Are High in Water

Options with a 90-100% water content, include:

- Drinks like water, sparkling water and fat-free milk.
- Fruits, especially cantaloupe, strawberries and watermelon.
- Vegetables like lettuce, cabbage, celery, spinach and cooked squash.

Options with a 70-89% water content, include:

- Fruits including bananas, grapes, oranges, pears and pineapples.
- Vegetables such as carrots, cooked broccoli and avocados.
- Dairy products like yogurt, cottage cheese and ricotta cheese.

Need Help Figuring Out Your Fluid Needs?

A registered dietitian nutritionist (RDN) can help you estimate your fluid needs. Ask your health care provider for a referral to an RDN. Or, use the Academy's Find a Nutrition Expert tool to locate an RDN in your area.



Spring 2023

We want your feedback... send your comments, suggestions and ideas to Jim at jpdewan@gmail.com.



May 2023 Wellness Notes & Trends

Stroke Awareness & Mr. Chin's Story –

Did you know May is stroke awareness month and that every 40 seconds, someone in the United States has a stroke? On Wednesday, May 10th at 10:00 am, come join Mr. Chin in Dole Hall as he will share his story during and post stroke and how he has overcome the obstacles that were placed in front of him.

Balance Clinic –

Tuesday, May 23rd from 12:30 – 1:45 pm, make your way down to the Hendrickson Fitness Center where you can get your balance

checked using VirtuSense. At this time you can get a better understanding of not just your balance, but your gait and flexibility as well.

Health and Wellness Fair –

Wednesday May 24th from 10am-12pm, Plymouth Place will be hosting our annual Health and Wellness Fair in Dole Hall. Come join us to hear more about Balance, Therapy, Home Health, Wellness and much more. Stay tuned, more information to come! **PP**

Food and Drink for the Derby

James P. DeWan

My friend Aileen is from a little village called Templeglantine in County Limerick in the west of Ireland. She lives there still, although when I met her back in the '90's, she was bivouacked Stateside, earning her PhD in ethnomusicology from the University of Chicago. One day, Aileen was over for lunch: roast beef sandwiches, chips (she called them "crisps") and a tart and crunchy Clausen's dill pickle. Aileen—because she was Irish? or just because she was from a tiny village?—had never had a pickle, apparently, and upon taking her first bite, she looked at me and said, "It doesn't taste like food so much...More like a cleaning product."

For me, though, the single most startlingly offensive thing that's ever passed my lips was freshly squeezed onion juice.

More on that later, as today we're discussing Foods of the Kentucky Derby. The Derby, ask you know, is our nation's longest running sporting event, dating back to 1875, when Aristides beat out a field of fourteen other 3-year-olds in the first ever "Run For The Roses." Over the decades the Derby has become an iconic American tradition, its equine tendrils stretching into not only the world of sport but also culture, including fashion and food.

Although the race itself takes only a couple minutes, the event lasts for weeks, and while the case can be made that it's primarily about horses and hats, food and drink figure prominently as well.

We'll start with the drink—no, not the onion juice; that's later—and no drink says Kentucky like the mint julep, a muddled mix of bourbon, simple syrup, fresh mint and crushed ice. It's the muddled mint that makes it.

Muddling, for the abstemious among you, is when you take some leaves and smash them in the bottom of your glass with a pestle-like implement, thereby releasing their essential oils and imparting their delicate flavors to your cocktail. Sure, muddled leaves at the bottom of your bevvie can look unsettlingly like grass clippings in a garden pail, but, it's totally worth it.

To make your julep, simply crush a few mint leaves in the bottom of your glass (or silver cup, if you're a traditionalist), add a 4 to 1 mix of bourbon and simple syrup, fill with crushed ice, garnish with another mint sprig, and you're ready for the race.

Now the food: Let's start with Kentucky's delicious but unappetizingly named open-faced sandwich, the Hot Brown. Thinly sliced roasted turkey breast on trimmed Texas toast, smothered in a rich, roux-thickened and Romano-enhanced Mornay sauce, topped with crisp bacon and served with two freshly halved—because, you see, the entire dish so far is pretty much fat, carbs and protein—Roma tomatoes. The fact that its name refers to Louisville's downtown Brown Hotel where the monstrosity originated only partially mitigates my belief that it sounds less like a sandwich than a throwaway line from a Raymond Chandler potboiler: "She was all concrete and lace, diamonds dripping like Mornay off a Kentucky Hot Brown..."

Sorry, where was I?

Then there's burgoo, that sweet, sweet stew of meaty miscellany and sundry vegetables. Equally popular with the hoi polloi as the landed gentry, it's safe to say that steaming bowls of burgoo are staples of the horsey set. (Next October, by the way, is the 53rd Annual Burgoo Festival over in North Utica, Illinois. You should totally go.)

The final item on our Derby menu is that crazy Benedictine spread, the light green and century-old sandwich filler named for its inventor, the chef and renowned Louisvillian Jennie Carter Benedict, who slapped it together sometime around the turn of the twentieth.

Modern interpretations are pretty much cream cheese mixed with grated cucumber and onion, with possibly a little chive thrown in to achieve that greenish hue. The original version, though, according to the Louisville Courier Journal, didn't use the grated cucumber and onion. Instead, it used the cucumber and onion juices, mixed into the cream cheese along with just enough green food coloring to make it look like Margaret Hamilton's face cream.

Now, cucumber juice is cool and refreshing. Onion juice, on the other hand, as I mentioned earlier...yikes. You should try it, though, just to say you did: Grate an onion into a clean towel, then wring the juice into a little glass. Take a sip. I reckon that's the taste that sin-eaters have in their mouths all day. Personally, I might prefer a cleaning product. And yet, in Chef Benedict's tasty sandwich filler, it works. The world is a mystery.

Now, go get a fancy hat and prep for Derby Day. **PP**

MAY 14TH:

Mother's Day Brunch: Dole Hall

MAY 22ND:

Laudable Luncheon: The History of Color, pt. 2, Red: Game Room

MAY 25TH:

Veinticinco de Mayo Luncheon: Dole Hall

MAY 29TH:

Memorial Day Picnic with the Garfield Park Jazz Collective : Dole Hall

MAY 31ST:

Culinary Adventures: Game Room



ROME OS Lunch Outing

Meet at 11:15 am in the lobby on May 19th.
The Stadium Club

JULIETS

JUST US LADIES INTO EATING TOGETHER

Meet at 11:15 am in the lobby on May 26th.
Egg Harbor Café