



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to
<http://nutrition.wsu.edu/take5/index.html>.

Energize is a publication of the *Nutrition Education Network of Washington*, whose staff is responsible for its content.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Your opinions are valuable! Please take a few minutes to provide your input. We survey readers biennially to assure the *Energize Newsletter* is meeting both your needs and ours. All information is confidential.

Please click on the following link to complete the survey:
<http://surveygoldplus.com/s/B1E6BC6A5BAA4BEC/31.htm>.

SURVEY DEADLINE is Friday, March 8th. ONLY THOSE COMPLETING THE ELECTRONIC SURVEY WILL CONTINUE TO RECEIVE SUBSEQUENT ISSUES.

Thanks—we look forward to receiving your input. *The Energize Staff*

This Month's Focus- *Water, Water Everywhere*

When educating about the five food groups represented on MyPlate, we sometimes overlook water. Is it a nutrient? How much is needed? Is it possible to have too much? In the past, we recommended drinking eight glasses of water a day, but what are the guidelines now? This issue of *Energize for Nutrition Educators* will explore the role of water and other beverages in our diets.



Courtesy of Centers for Disease and Prevention

Water Recommendations in the Dietary

Guidelines – Total water intake includes not

just drinking water itself but also water in other beverages and water contained in juicy foods such as cucumbers and melons. The 2010 Dietary Guidelines for Americans state that the combination of thirst and typical behaviors, such as drinking beverages with meals, provide sufficient water intake provided that people have access to water and other beverages. (Source: Dietary Guidelines for Americans, 2010, policy document, page 48 at www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf.)

MyPlate Rates Water as a Top Beverage Choice – In MyPlate's downloadable handout,

"Make Better Beverage Choices," drinking water is the number one tip. Instead of recommending a certain amount, the advice is to let thirst be your guide. It also recommends drinking plenty of water if a person is very active, lives or works in hot conditions, or is an older adult. Certain beverages are unwise choices: many may contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. For healthful beverages, choose fruit or vegetable juice (up to one cup a day for adults) or milk (low-fat or fat-free milk or milk alternatives). For the colorful, free downloadable handout on beverages in the "10 Tips Nutrition Education Series," see www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf.

Water Intake – Reviewing the Evidence – The 2010 Dietary Guidelines Advisory Committee (DGAC) posed the question, "What amount of water is recommended for health?" As with their other recommendations, the answer needed to be based on an extensive review of scientific evidence.

The committee's starting point was the Institute of Medicine's (IOM) 2004 conclusion that the combination of thirst and usual drinking behavior, especially the consumption of fluids with meals, is enough to maintain normal hydration. The IOM could not set a minimum intake of water because needs vary widely and chronic dehydration isn't a problem in the US. That conclusion was in 2004, so the DGAC looked at more current studies. The upshot is that most Americans are meeting their needs for water or fluid intake, with one exception. Older-age persons are susceptible to dehydration, particularly during heat waves. Some of us may remember the extreme heat wave of 2003 in France when nearly 15,000 people died, and seniors (75 and older) were disproportionately affected. It is crucial during high temperatures to ensure that older adults get enough fluids to prevent dehydration because they are less likely to feel thirsty, and their bodies are less able to concentrate and dilute their urine. Except for that unusual circumstance, the DGAC concluded that there is no evidence that water intake is either excessive or insufficient. (Source: *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010*. Part D, Section 6, pages D6-29 to D6-32, www.cnpp.usda.gov/dgas2010-dgacreport.htm.)

Is Water Considered a Nutrient? Yes, water is indeed a nutrient because it is essential to life, according to the Food and Nutrition Board of the National Academies of Science. Although it set an Adequate Intake (AI) for total water, it was based on median total water intake estimated from what Americans typically consume. The AI isn't considered a specific requirement. (Source: Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate (2005), Food and Nutrition Board, www.nap.edu/openbook.php?record_id=10925&page=73.)

WIC's Guidance on Water and Other Drink for Kids – What advice do WIC parents in our state receive about water and juice? Heidi Feston of the Washington State WIC Nutrition Program says that in general, these are the key messages:

- Offer water on a regular basis instead of juice when children are thirsty.
- Use a cup when offering fruit juice.
- Offer only 100% pasteurized fruit juice.
- Recognize the importance of establishing healthy eating behaviors, which includes limiting juice intake to no more than 2-4 ounces per day.
- Read beverage labels for sugar content and hidden sugars.

WIC has a useful handout for parents who put juice in their cup for older babies, "The Facts on Fruit Juice" at http://here.doh.wa.gov/materials/the-facts-on-fruit-juice/15_FruitJuice_E06L.pdf. California, Florida, and Massachusetts WIC Programs have also created materials to encourage water over soda and other sweetened beverages:

www.nal.usda.gov/wicworks/Sharing_Center/gallery/water.html. These materials show young children drinking from an open glass or cup. Heidi mentions that the use of "tippy" or "sippy" cups with an anti-spill feature is not preferred, since they are very much like a bottle. Realistically, though, she says that WIC clients are more open to having their baby use a cup if it has a cover, which is what they want to encourage – weaning to a cup around their first birthday. (Contact: Heidi Feston, Washington State WIC Nutrition Program, Heidi.feston@doh.wa.gov.)



Courtesy of USDA's Food and Nutrition Service's SNAP photo gallery

Soda Free Sundays – The Childhood Obesity Prevention Coalition in King County (Seattle area) began a campaign in 2011 to help communities and families take small steps to reduce their consumption of soda and other sugary drinks. Sugar Free Sunday gained support from pediatricians, nutritionists, community leaders, as well as kids and parents. For a four-minute video about the campaign with interviews from a variety of local kids and adults, see www.youtube.com/watch?v=A1hEkialH08. The campaign includes downloadable color handouts with an action plan for parents http://sodafreesundays.com/wp-content/uploads/2011/06/Soda_Free_Handout1_1.3_Rev2.pdf and for communities http://sodafreesundays.com/wp-content/uploads/2011/06/SFS_OrgActionPlan_1.2.pdf. It also uses social media with its Facebook page (search "Soda Free Sundays").

Water Ways from the CDC - A two-page handout from the Centers for Disease Control and Prevention describes why the body needs water and offers tips to get enough water each day. Downloadable pdf is available at www.cdc.gov/nutrition/everyone/basics/water.html.

SNAP's Effect on Beverage Consumption – Participation in the Supplemental Nutrition Assistance Program (SNAP) didn't make a difference in beverage choices among kids ages 11 through 14, compared to those not on SNAP. In the large study (3,126 youth nationwide), a researcher studied the frequency of soft drink, 100% fruit juice, and milk consumption. He concluded that SNAP may serve to replace lost income, but not alter kids' beverage choices, and recommended that SNAP benefits restrict the purchase of soft drinks. (Source: MM Fernandes, "Effect of the Supplemental Nutrition Assistance Program (SNAP) on the frequency of beverage consumption among youth in the United States." *Journal of the Academy of Nutrition and Dietetics*, 112(8):1241-1246, August 2012.)

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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* Listing of products and goods in this newsletter does not imply endorsement.

Interactive Display on Beverages – For people who enjoy learning by doing, a large interactive quizboard is available from the Washington State Dairy Council for Washington nutrition educators. Called “Think Your Drink,” a person presses buttons for certain beverages and then the nutrients for that drink light up. It also includes quiz questions. For information about borrowing this tabletop display, see www.eatsmart.org/free-resources/think-your-drink.

Push-back from Energy-drink Manufacturers – According to the Society for Nutrition Education and Behavior, energy-drink makers Red Bull and Monster Energy have hired Washington lobby firms to represent them against regulators and lawmakers. At issue is public opinion about low-nutrient caffeinated drinks and their potential harm. The Food and Drug Administration (FDA) has been investigating illnesses and deaths associated with caffeinated products, and the Substance Abuse and Mental Health Services Administration found that emergency room visits tied to energy drinks doubled in the past five years. (Sources: Society for Nutrition Education and Behavior Policy Update for week of January 28, 2013, and Healthwatch, The Hill’s Healthcare Blog, January 24, 2013.)

Fluoride and Oral Health – Two ways to help protect teeth from dental caries are drinking fluoridated water and/or using fluoride-containing dental products. Most bottled water is not fluoridated. Some health professionals are concerned that the increase in consumption of bottled water may not provide Americans with enough fluoride to promote oral health. One option: fill a reusable bottle with fluoridated tap water. That benefits both one’s teeth and reduces waste.

TOOLS OF THE TRADE

National Nutrition Month – The month of March each year is National Nutrition Month, a campaign by the Academy of Nutrition and Dietetics. This year’s theme is “Eat Right Your Way, Every Day.” Aprons, flyers, buttons, balloons, and other items with this tagline which could be used in nutrition education efforts are available for purchase at www.jimcolemanstore.com/nnm.

WASHINGTON GROWN

Washington Agriculture Centennial Celebration – The Washington State Department of Agriculture (WSDA) has been around for 100 years! Centennial Day is April 11 at the state capitol, but for an entire year the WSDA is celebrating the contributions of the department and honoring the role of farming in our state. Our state boasts nearly 40,000 farms and supports at least 160,000 jobs in farming and food production throughout the state. Nutrition educators who work with youth in grades 4 through 12 may encourage them to apply their creativity to creating a poster about Washington agriculture (due April 15). For interesting facts about agriculture in our state, posters, a calendar, a historical timeline, and poster contest rules, see <http://agr.wa.gov/AboutWSDA/DirectorsOffice/WSDACentennial.aspx>.

Small Family Farms Are Big in the US – Nearly all of the farms in our country (97%) are owned and operated by families. Most of these are small family farms that have less than \$250,000 in annual sales, and they account for 87% of all US farms. Large-scale family farms with annual sales of more than \$250,000 account for most of the nation’s agricultural production, slightly more than 70% in 2011. Only 3% of total US farms are non-family farms. (Source: USDA Economic Research Service, www.ers.usda.gov/data-products/chart-gallery/detail.aspx?chartId=34939&ref=collection.)

DID YOU KNOW?

One in five Washingtonians use food banks. Although the number of hungry people using them leveled off in 2012, the number of visits went up, according to Susan Eichrodt, Program Specialist with Food Assistance Programs, Washington State Department of Agriculture. Susan says that it appears that people seeking emergency food had a deeper need, perhaps because they had run out of other resources to feed their families. Last year, more pounds of food were distributed, but it was not enough to keep up with the increase in visits, so the amount of food each person received went down substantially. (Contact for information and food bank usage tables: Susan Eichrodt, Program Specialist, Food Assistance Programs, Washington State Department of Agriculture, 360-725-2853, SEichrodt@agr.wa.gov.)



EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

PBS Curriculum Includes Family Meals- The “Fizzy’s Lunch Lab” videos and related lesson plans for teachers includes a segment on family meals. To see resources on Family Meal Time and other nutrition topics for use with kids in grades 1 to 3, go to www.pbs.org/teachers/lunchlab/lessonplans/.

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