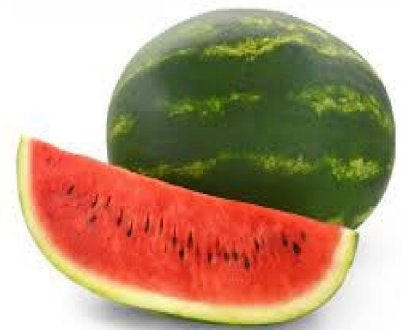


# Food and Fitness

## Hydrating Produce



Hydration is very important to our bodies, especially as we get older. Did you know that drinking water is not the only way to stay hydrated? There are fruits and vegetables full of water that can help keep your body healthy and strong.

Hydration is extremely important to our bodies because it helps the body keep a normal temperature, move food through our system, protect our joints, keep our skin soft, and helps give us energy and the ability to think clearly. As we age, we might not always feel thirsty, even when our body needs water. This is why it is so important to incorporate foods that help keep us hydrated without the extra work remembering to drink water.



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## Hydrating Produce

### Top Hydrating Fruits and Vegetables

These produce choices are made up of over 90% water.

**Watermelon:** is 92% water and is full of vitamin C and antioxidants. Some ways you can eat it: fresh, chilled, or blended into a smoothie.

**Cucumber:** is about 95% water and it can be added to salads, sandwiches, or paired with a dip.

**Strawberries:** are about 91% water and have fiber and vitamin C. These can be eaten alone, with yogurt or cottage cheese, or blended into a smoothie.

**Tomatoes:** are 94% water and juicy! They are a great option for heart health, and these can be enjoyed sliced on sandwiches or chopped into salads.

**Lettuce:** is around 95% water. Lettuce can be added to sandwiches, wraps, or mixed into a salad.

Some tips to help you eat more hydrating produce: keep cut up fruits and vegetables in the refrigerator, try adding strawberries or cucumbers to your water for some extra flavor, or try a smoothie with frozen fruits or vegetables instead of ice.

So remember, you do not always have to drink water to stay hydrated. Adding the right fruits and vegetables to your meals can keep your body refreshed, energized, and healthy. Try some today!



# IT'S GREAT TO HYDRATE.

Staying hydrated benefits your body.



## What is hydration?

Your body needs water to function. Hydration is the process of replacing water within your body.



## Why is hydration important?

Staying hydrated helps your heart pump blood through the body, and helps to rid the body of waste. It also helps to regulate body temperature.



## What are sources of hydration?

Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.



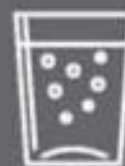
## Rethink what you drink.

Avoid sugary fruit juices and sodas. (Even many "sports drinks" are high in sugar and calories.) Caffeinated beverages cause you to lose fluids and become less hydrated.



## Staying well-hydrated.

Each person is different. But, in general, experts recommend about 15 and a half cups (or 3.7 liters) of fluids per day for men, and about 11 and a half cups (or 2.7 liters) of fluids per day for women. (Note that's cups, not glasses. Drinking glasses and water bottles often hold more than one cup.)



## Make hydration a habit.

Our "[Habit Coach](#)" videos unpack the science behind habits.

Make good hydration a daily routine.

## Fruit—Watermelon



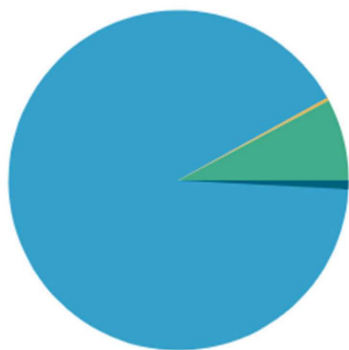
Watermelon belongs to the Cucurbitaceae family. This is also known as the gourd or squash family. Even though watermelon is sweet and fruity, it is considered both a fruit and a vegetable. There are over 1,200 types of watermelons around the world. Fun fact, the rind is also edible.

Watermelon has been around for thousands of years. It first grew in Africa, where the hot weather made this juicy fruit very popular. Ancient Egyptians even drew pictures of watermelons on their tombs. Over time, watermelon spread to Europe, Asia, and eventually to the United States. Today, it's a summer-time favorite all around the world.

Watermelon is more than just sweet and tasty—it's also packed with water and nutrients that are great for your health. Watermelon is considered a super fruit. It is made up of 92% water and has vitamins C and A, potassium, magnesium, and lycopene.

Watermelon is a fun and easy way to stay healthy. Add it to your meals or as a refreshing snack!

WHAT IS THIS FOOD MADE OF?



- 91.7% Water 140.8g
- 0.6% Protein 0.94g
- 7.6% Carbs 11.6g
- 0.2% Fat 0.23g
- 0% Alcohol 0g

WHERE DO THE CALORIES COME FROM?



- 6% Protein
- 91% Carbs
- 3% Fat
- 0% Alcohol

### Minerals

	-- = missing data	%DV
Weight	154g	
Calcium	10.8mg	1%
Iron, Fe	0.37mg	2%
Potassium, K	172.5mg	4%
Magnesium	15.4mg	4%
Phosphorus, P	16.9mg	1%
Sodium	1.5mg	0%
Zinc, Zn	0.15mg	1%
Copper, Cu	0.06mg	7%
Manganese	0.06mg	3%
Selenium, Se	0.62mcg	1%
Fluoride, F	2.3mcg	0%

## Nutrition Facts

### Watermelon

Watermelon, raw

Serving Size:

1 x 1 cup, balls ( 154g) ▾



## Nutrition Facts

### Serving Size

1 cup, balls (154g)

**Calories** **46**

% Daily Value \*

<b>Total Fat</b> 0.23g	<b>0%</b>
Saturated Fat 0.02g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1.5mg	<b>0%</b>
<b>Total Carbohydrate</b> 11.6g	<b>4%</b>
Dietary Fiber 0.62g	<b>2%</b>
Total Sugars 9.5g	<b>19%</b>
Includes --g Added Sugars	<b>--%</b>
<b>Protein</b> 0.94g	<b>2%</b>
Vitamin C 12.5mg	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Iron 0.37mg	<b>2%</b>
Calcium 10.8mg	<b>1%</b>
Potassium 172.5mg	<b>4%</b>
Phosphorus 16.9mg	<b>1%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Vitamins

	-- = missing data	%DV
Weight	154g	
Vitamin A, RAE	43.1mcg	5%
Vitamin C	12.5mg	14%
Thiamin (B1)	0.05mg	4%
Riboflavin (B2)	0.03mg	2%
Niacin (B3)	0.27mg	2%
Vitamin B5 (PA)	0.34mg	7%
Vitamin B6	0.07mg	4%
Biotin	--mcg	
Folate (B9)	4.6mcg	1%
Folic acid	0mcg	0%
Food Folate	4.6mcg	1%
Folate DFE	4.6mcg	1%
Choline	6.3mg	1%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	466.6mcg	4%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	120.1mcg	1%
Vitamin A, IU	876.3IU	
Lycopene	6979.3mcg	
Lut + Zeaxanthin	12.3mcg	
Vitamin E	0.08mg	1%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	0.15mcg	0%

## Recipe—Watermelon Blueberry Salad

### Ingredients

- 1 small watermelon, cut into 1/2 inch cubes
- 3-4 ounces fresh blueberries
- 2 ounces feta cheese, crumbled
- A few mint leaves, torn into small pieces



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*Recipe Received From: [Watermelon-Blueberry Salad: Easy July 4th Party Food | Savoring Today](#)*

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### Instructions

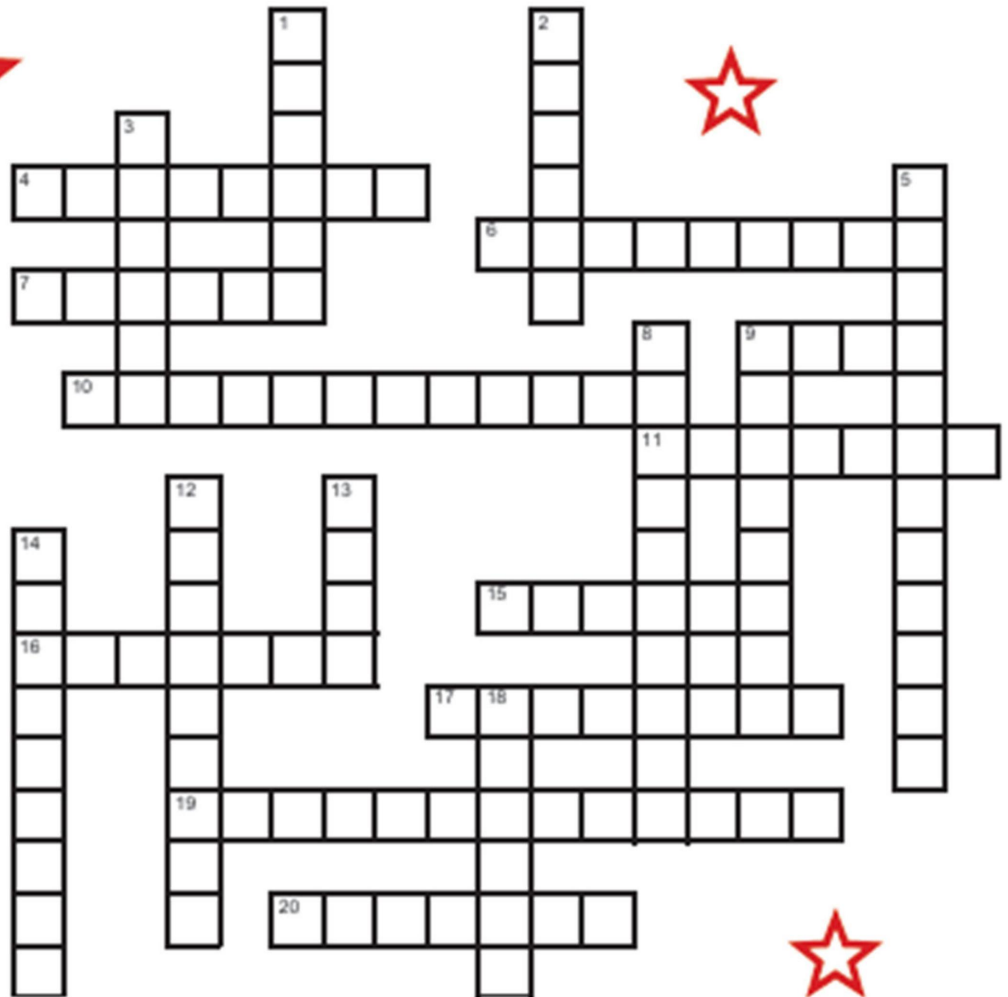
1. Watermelon tends to bruise when tossed in a bowl, so it is best to layer it with the blueberries in a shallow bowl or on a platter then garnish with the feta and mint to gauge a visual for each component.
2. Take a bite of the watermelon and feta together to determine how small the crumbles should be and how much to add—remember, this is all about what YOU prefer
3. I leave the mint in small torn pieces rather than chopping too fine so it's easier for someone (kids) to pick out.

# Brain Exercise

Don't Just Exercise your body, workout your brain!



## Crossword Challenge



### ACROSS

4. American President who was born on July 4th, Calvin \_\_\_\_.
6. Founding Father and third President of the United States.
7. Public procession that might occur on July Fourth.
9. Red, white and \_\_\_\_.
10. City in which the Declaration of Independence was signed.
11. Nickname for the American flag, stars and \_\_\_\_.
15. Open air meal popular on July Fourth.
16. Symbol of freedom located in the New York City Harbor: Statue of \_\_\_\_.
17. Number of original colonies that declared independence.
19. Fight for American independence: The \_\_\_\_ War.
20. Famous signer of the Declaration of Independence: John \_\_\_\_.

### DOWN

1. Patriotic song often sung on Independence Day: Yankee \_\_\_\_.
2. National anthem of the United States: The Star-Spangled \_\_\_\_.
3. The day of the month on which America declared its independence.
5. Founding document of the United States: The Declaration of \_\_\_\_.
8. First President of the United States.
9. Cooking outdoors on a grill.
12. Light show often seen on the 4th of July.
13. Month in 1776 when the Declaration of Independence was signed.

14. National bird of the United States.
18. Commonly consumed food on July 4th.

Bald Eagle	Jefferson
Banner	July
Barbecue	Liberty
Blue	Parade
Coolidge	Philadelphia
Doodle	Picnic
Fireworks	Revolutionary
Fourth	Stripes
Hancock	Thirteen
Hot Dog	Washington
Independence	

# July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1 International Chicken Wing Day</i>	<i>2 Made in America Day</i>	<i>3 Eat Beans Day</i>	<i>4 Independence Day</i>	<i>5 Work-a-holics Day</i>
<i>6 Build A Scarecrow Day</i>	<i>7 Chocolate Day</i>	<i>8 National Blueberry Day</i>	<i>9 National Sugar Cookie Day</i>	<i>10 Pina Colada Day</i>	<i>11 World Kebab Day</i>	<i>12 Pecan Pie Day</i>
<i>13 National French Fries Day</i>	<i>14 Shark Awareness Day</i>	<i>15 Tapioca Pudding Day</i>	<i>16 Fresh Spinach Day</i>	<i>17 Peach Ice Cream Day</i>	<i>18 National Caviar Day</i>	<i>19 National Raspberry Cake Day</i>
<i>20 National Ice Cream Day</i>	<i>21 National Junk Food Day</i>	<i>22 Hammock Day</i>	<i>23 Picnic Table Day</i>	<i>24 Tell an Old Joke Day</i>	<i>25 National Chili Dog Day</i>	<i>26 Aunt and Uncle Day</i>
<i>27 National Love is Kind Day</i>	<i>28 National Waterpark Day</i>	<i>29 Lasagna Day</i>	<i>30 National Cheesecake Day</i>	<i>31 National Avocado Day</i>		

## MONTHLY OBSERVATIONS

- National Cell Phone Courtesy Month
- Dog Days of Summer
- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for Weddings
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month

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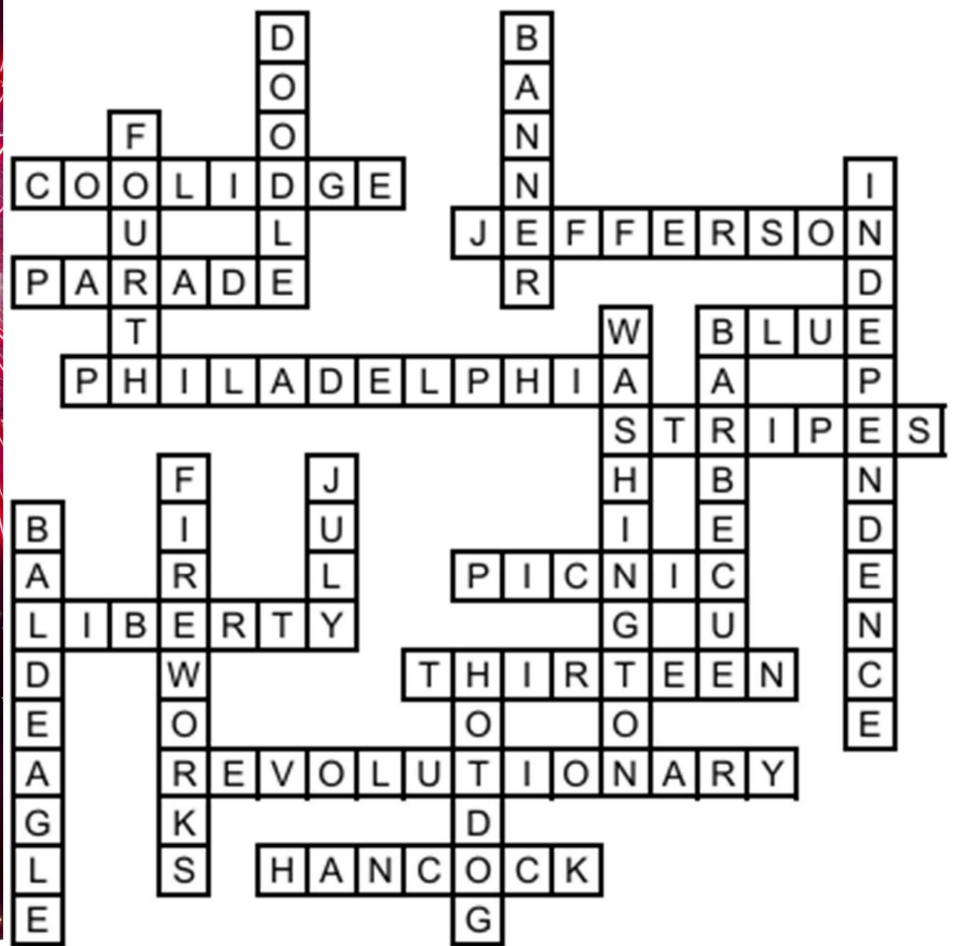
**(681) 344-1679**



## July Fourth

Crossword

SOLUTION



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.