August Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar sweetened beverages include:

- regular soda,
- fruit punch,
- fruit drinks,
- energy drinks,
- sports drinks,
- sweet tea

During the month, were you able to replace any sweetened drinks you may drink with water?

Did you notice any differences in your energy level, cravings for sweet foods, etc. as a result?

If not, did you add at least one glass of water into your daily intake?

If not, what is the reason?

75% of the body's weight is water - it's in your blood, brain, muscles, fat and bones and 80% of the fluids we take in are from the beverages we drink.

Are you drinking enough fluids on a daily basis?

The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

To calculate needs based on body weight, consume 25-30 cc per kg of actual body weight, or 11-14 cc per lb. (250 cc = 8 oz or 1 cup).

To determine how much extra fluid you need after excessive sweating (such as from exercising), weigh yourself before and after. Add 3 cups of fluid for every pound lost through sweating.

You will need more on hot days or with excessive losses from sweating, diarrhea, vomiting and panting. To determine how much extra fluid you need after excessive sweating (such as from exercising), weigh yourself before and after. Add 3 cups of fluid for every pound lost through sweating.