



Thirst

Thirst is defined as the desire to drink liquids, and is a sign that the body needs fluids. Increased thirst can be caused by many factors:

- Exercising and sweating increase the body's water loss.
- Diarrhea, vomiting, and a fever, result in the loss of body fluids. Water is located inside and outside cells. More of a child's body water is outside cells than an adult's, so water is lost faster. Severe vomiting and diarrhea can cause fluid losses that quickly lead to dehydration. Dehydration means an excessive loss of fluids.
- Uncontrolled diabetes causes an increase in blood sugar (glucose) levels. Glucose spills over into urine. Increased urine output causes increased thirst. Most children with type 2 diabetes become thirsty and drink more fluids than usual. Call a health care provider right away if your child becomes unusually thirsty.
- Alcohol, caffeine, and some drugs, such as antihistamines and diuretics, can cause increased thirst.
- Salty foods increase thirst. Salt attracts water. For example, when

eating salty popcorn, the salt on popcorn dries the saliva in your mouth and you become thirsty.

Because thirst is usually the body's signal to replace water loss, a person's response is to drink fluids. The most important fluid to drink is water. Water has no calories, caffeine, or sugar and is absorbed faster than juices or high-sugared pop. Offer water when your child is thirsty. Water in breast milk or formula replaces normal water losses for infants, until solid foods are started. Once solid foods are started, extra water is needed. Women need more fluids during pregnancy to support the fetus and a higher blood volume. Health care providers suggest that pregnant women drink 8 to 10 cups of fluids daily.



A good way to tell if fluid intake is adequate is to check the color of urine. Urine should be pale yellow or colorless. Don't wait until you feel thirsty to drink. Contact a health care provider if thirst is persistent and urine output is excessive.

Fruit Smoothies



Berry Smoothie

Blend:

- 1/2 cup unsweetened apple juice
- 1 cup banana slices
- 1/2 cup low-fat plain yogurt
- 1 kiwi, peeled and sliced
- 1 cup frozen raspberries
- 1 1/2 cups blueberries (or blackberries)

Makes 3 cups. (232 calories and 1 fat gram per cup)

Blueberry Smoothie

Blend and set aside:

- 6 large strawberries
- 1/2 cup blueberries
- 1 1/2 teaspoons lemon juice

Next, blend 1 cup low-fat vanilla yogurt and 1/4 cup 1 percent milk. Layer with fruit mixture in a clear glass, so layers can be seen.

Makes 2 cups. (159 calories and 2 fat grams per cup)

Pregnancy and Over-the-Counter Drugs

Many common over-the-counter (OTC) drugs can be harmful to both a pregnant woman and her unborn child. For example, the normal dosage of aspirin may cause excess bleeding in a woman and her unborn baby. And never use non-steroidal, anti-inflammatory drugs (NSAIDs), such as Advil, Aleve, Naprosyn, and Motrin, during pregnancy unless a health care provider approves their



use. Vitamin A used in large doses to control acne can cause birth defects.

Always call your health care provider before taking any drug if you are pregnant or planning to become pregnant. The first 12 weeks of pregnancy is a critical period in fetal development. Take only those drugs that your health care provider suggests and read labels carefully to be sure of the correct dosage.

TV and Two-Year Old Children



New studies show that about 30 percent of homes in the United States with two-year old and younger children have TV on all day. Parents state they keep TV on to “educate” their child, because their child “enjoys” TV, or to occupy children so they can get things done. Even when children two years old and younger aren’t watching TV, studies found

adults spoke less to them. When children under the age of two are deprived of interacting with adults, brain, emotional, and language development can be delayed. It’s best to turn off the TV and read or play with children. The American Academy of Pediatrics recommends **no** TV for children under the age of two.

Waiting

Children have a tough time waiting. Parents can help a child learn to be more patient.



- Be sure the wait time is reasonable; base waiting time on your child’s maturity and age. If a child is really hungry and must wait until supper to eat, will that be one hour or two? The wait may be too long for a toddler. Toddlers can’t wait as long as preschoolers.

- Help your children find a way to entertain or distract themselves while waiting.

“Color a few pages in your coloring book and then you can have a snack,” or “Help unload the dishwasher and then we will have lunch.”

- Set a timer for a certain amount of time and then say, “Play ball outside until the timer goes off and then we will have dinner.”

- If a child must wait for something, such as a cookie or favorite toy, make sure it’s out of sight.

Indoor Picnic

Plan a picnic lunch with your children and their friends. It’s a wonderful way for children learn to work together. Help children plan the menu. Select at least one item from each of the five food groups: bread, cereal or pasta; fruits; vegetables; meats; and dairy.



Everyone needs a job, so set up committees—especially for clean-up. You will need a picnic table or blanket and paper or plastic plates, cups, and utensils. If it rains, have your picnic lunch inside.

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STRAWBERRY SMOOTHIE BOWL

- 2-3 FROZEN RIPE BANANAS
- 1/2 PACKAGE STRAWBERRIES, FROZEN, UNSWEETENED
- 1 TEASPOON VANILLA EXTRACT
- 2 TABLESPOONS ORGANIC COCOA POWDER
- 1 TABLESPOON NUT MILK (OPTIONAL)

TOPPINGS- RASPBERRIES, STRAWBERRIES, POMEGRANATE SEEDS, DARK CHERRIES, CACAO NIBS, HEMP SEEDS,

1. PLACE ALL INGREDIENTS IN FOOD PROCESSOR- BLEND UNTIL CONTENTS REACH A CONSISTENCY SIMILAR TO SNOW;
2. IF NEEDED, ADD SMALL AMOUNTS OF ADDITIONAL NUT MILK TILL DESIRED CONSISTENCY IS REACHED.
3. SCOOP INTO A BOWL AND ADD WHATEVER TOPPINGS YOUR HEART DESIRES.

Adobe Spark



EXERCISING OUTDOORS

THERE ARE SO MANY ACTIVITIES THAT CAN BE DONE OUTSIDE ON LAND OR IN WATER. THE SUNLIGHT WILL HELP YOU GET YOUR NEEDED VITAMIN D WHICH IS NECESSARY FOR THE ABSORPTION OF CALCIUM, WHICH IS IMPORTANT FOR STRONG BONES AND OVERALL HEALTH. FOR SAFETY REASONS ALWAYS REMEMBER TO RUN/WALK AGAINST TRAFFIC, BRING WATER AND A CELL PHONE AND USE THE PROPER NUMBER SUNSCREEN.

TIP: TRY PARKING FARTHER THAN NEEDED TO SQUEEZE IN A LITTLE MORE EXERCISE.

Please watch for our Health Survey being sent to you by text and email coming in May. We will also be giving you your child's Health Report card at your Parent Teacher Conference. Please make sure we have the most up to date health information on file.

These report cards will have all the current health information you may need for your child. Any questions or concerns please call the Health Office at 812-948-6981 ext 1104 or 1111.



STRAWBERRIES

STRAWBERRIES HAVE LOTS OF VITAMIN C. THEY ARE THE ONLY FIRST WHICH GROW SEEDS ON THE OUTSIDE AND ARE A GOOD SOURCE OF FOLATE (B VITAMIN).