

beat the summer heat

STAY

Hydrated!

Good hydration is one of the most important aspects of a healthy diet. Drinking enough fluid allows our bodily functions to take place as they should. Water is the best source of fluid but most all fluid counts. Read on to learn more.

7 Health Benefits of Proper Hydration

- Support a healthy immune system
- Maximizes physical performance and brain function
- Improves energy levels
- Supports digestion
- May Help Relieve Constipation
- May prevent kidney stones
- Decreases joint pain

8 Ways to Drink More Water:

1. Know Your Fluid Needs First

Women need about 11.5 cups of fluids per day. How much you need depends on your environment, diet, the season, activity level and overall health. A general guideline: women need about 11.5 cups of fluids per day and men need about 15.5 cups of fluids per day. 20% of your fluid intake should come from food.

2. Set a Daily Water Intake Goal

Record your progress to help keep you on track.

3. Always Have Water with You

Keep a water bottle within reach throughout the day.

4. Set Reminders

Use an app or an alarm to remind yourself to drink water.

5. Drink One Glass of Water Before Each Meal

This habit may add up to 3 extra cups to your daily water intake.

6. Choose Water When Eating Out

You'll save money and reduce calories.

7. Flavor Your Water

Add fruits like lime, lemon, strawberries and kiwi for a boost in flavor.

8. Eat More Hydrating Foods

Try watermelon, strawberries, cabbage, cucumbers, grapefruit, soup, plain yogurt and cottage cheese.



St. Charles AAA

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<p>Baked Bone-in Chicken and Gravy Broccoli Sour Cream/Chive Potatoes Wheat Bread Fresh Fruit</p>
4	5	6	7	8
<p>CLOSED</p>	<p>Chicken Breast Waikiki Sauce Whole Kernel Corn California Vegetables Wheat Bread Little Debbie/Cookies</p>	<p>Red Beans & Sausage Brown Rice Orange Juice Spinach Cornbread Little Debbie/Cookies Margarine</p>	<p>Beef Patty Pepper & Onion Gravy Duchess Potatoes Glazed Carrots Wheat Bread Mandarin Oranges</p>	<p>Hot Dog with Chili Cranberry Juice Baked Beans Hot Dog Bun Apple Cobbler</p>
11	12	13	14	15
<p>Baked Meatballs Creole Sauce Chuckwagon Corn California Vegetables Hot Dog Bun Little Debbie/Cookies</p>	<p>Sliced Ham with Honey Glaze Parslied Carrots Green Peas Dinner Roll Fruited Gelatin</p>	<p>Chicken & Sausage Gumbo & Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake</p>	<p>Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Orange Juice Mustard Ketchup</p>	<p>July Special BBQ Bone-in Chicken Yams Capri Vegetables Wheat Bread Cantaloupe</p>
18	19	20	21	22
<p>Smothered Chicken Garlic Potatoes Lima Beans Wheat Bread Little Debbie/Cookies</p>	<p>Beef Taco Salad Shredded Cheese Lettuce & Tomato Southwest Vegetables Tortilla Chips Mixed Fruit Cobbler Taco Sauce</p>	<p>Turkey Breast Brown Gravy Cabbage Carrot Souffle Wheat Bread Chocolate Oatmeal Bar</p>	<p>Breakfast Sausage or Ham Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine</p>	<p>Turkey Salad Tossed Salad Fresh Fruit Wheat Bread (2) Chocolate Pudding Ranch Dressing</p>
25	26	27	28	29
<p>Turkey & Rice Cabbage Green Peas Wheat Bread Little Debbie/Cookies</p>	<p>Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Mixed Fruit Cobbler Mustard Ketchup</p>	<p>Chicken Fajita Shredded Cheese Ranch Beans Pineapples Flour Tortilla Coconut Cake Sour Cream</p>	<p>Ham/Black-eyed Peas Rice Mixed Greens Orange Juice Cornbread Little Debbie/Cookies Margarine</p>	<p>Chicken Chef Salad Salad Greens Fresh Fruit Saltine Crackers Peanut Butter Cookie Assorted Dressing</p>