



Health-Full Eating & Nutrition



What are Electrolytes & How to Balance Hydration

What are Electrolytes?

Electrolytes are minerals in your body that are found in your blood, tissues, urine, and other body fluids that carry an electric charge. Chloride, potassium, sodium, and calcium are all types of electrolytes and we get them from what we eat and drink everyday. These electrolytes help the body do its daily work. They help to regulate fluids in your blood plasma and in your body. They enable muscle contractions (including the beating of your heart), also they also help to keep the pH in your blood in the normal range just to name a few. To make sure that you have enough electrolytes stay hydrated and eat foods rich in electrolytes. Try adding in more turkey, spinach, beans, avocados, potatoes, oranges, strawberries, and bananas.

How to Balance Hydration:

Drinking enough water each day is vital for many different reasons. Water helps to regulate body temperature, keep joints lubricates, delivers nutrients to cells, helps prevent infections, and keeps organs functioning properly. Water makes up about 60 % of your body's weight, and although you can survive without food for weeks we can not go for days or even hours with out water.

How Much Water Do You Need?

For adequate daily fluids, it is recommended that the average man should consume **15.5 cups (3.7 liters)** and women should consume **11.5 cups (2.7 liters)** of fluids a day. Fluids can be water, other beverages, and food. About 20% of the average healthy individual's daily fluid intake comes from food alone. Below is a list of food that can help contribute to your daily hydration:

- Cucumbers: 96.7% Water Content
- Iceberg Lettuce: 95.6% Water Content
- Celery: 95.4% Water Content
- Tomatoes: 94.5% Water Content
- Watermelon: 91.5% Water Content
- Strawberries: 91.0% Water Content

Do you have to modify your total fluid intake?

Everybody is different and may require more fluids, you may have to modify for a few different reasons:

- **Overall Health-** Your body will lose fluids if you are sick, have a fever, or have been vomiting. Follow a doctor's recommendations on how much fluid you should be consuming.
- **Exercise-** If you do activity that results in sweating, consume extra fluids to replenish.
- **Pregnant or Breast-Feeding-** During this time you may need extra fluids to stay hydrated for both you and your baby.
- **Environment-** If the weather is hot or humid this may result in sweating, thus requiring more fluid intake like stated above for exercise.

Tips for Staying Hydrated:

- Start off your day with a glass of water
- Carry a reusable water bottle
- Limit caffeine and alcohol intake
- Drink plenty of water before, during, and after your workout
- Limit foods that are overly salty or sugary
- Add lemon to your water to make it more appetizing
- Get water through fruits and vegetables
- Always keep water in arms reach
- Eat fruits and vegetables with a high-water content
- Eat food that contain high amounts of electrolytes



Try This DIY Natural Sports Drink:

Lemon-Ginger Electrolyte Drink:

- 1 (4") piece ginger, peeled
- 1/4 cup fresh lemon juice
- 2 Tbsp fresh lime juice
- 2 tsps agave nectar or honey
- 1/8 tsp fine sea salt
- 2 3/4 cups mineral or coconut water



Finely grate ginger and using a flexible spatula, press solids into a fine-mesh sieve set over a small bowl; discard pulp. You should have about 1 tsp. ginger juice. Combine ginger juice, lemon juice, lime juice, agave and salt in a large measuring cup or bowl. Stir in mineral water. Pour over 2 glasses filled with ice. Lemon-ginger mixture can be made 1 day ahead. Cover and chill. Stir vigorously before adding mineral water.

References:

- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>
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