



NMSBVI Nutrition Newsletter

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EAT FRUIT OR DRINK FRUIT JUICE?

Drinking a glass of juice is not the same thing as eating a piece of fruit. Always compare a whole orange to four ounces of orange juice. Most people don't drink four ounces. They drink 8, 12 or 16 ounces of juice. Those larger portions may have a lot of vitamin C, but also lots of calories, double or triple the amount gotten from eating just one orange.

There is also the issue of fiber, which is absent in juice. Fiber helps to move things through the digestive system, control constipation and keep your blood sugar stable. Juice does the opposite. Because it's liquefied, the juice goes through your blood stream at a much quicker rate, causing your blood sugar to spike. It also doesn't give you the feeling of fullness that a piece of fruit would.



COFFEE



While adults can handle the effects of coffee, it is not recommended to provide children coffee due to the high caffeine level. Caffeine causes the brain's blood vessels to constrict which is why some headache medicines contain caffeine. Caffeine binds to the adenosine receptors in the brain which causes nerve cells to speed up. The increased neuron firing in the brain causes the pituitary gland to release hormones that tell the adrenal gland to produce adrenaline. Adrenaline has several effects on the body; dilation of pupils, opening breathing tubes, rapid heartbeat, constricting blood vessels, slowing blood flow to the stomach, releasing sugar into the bloodstream from the liver for extra energy and tightening up of muscles.

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Fluid Intake

Our body is 60-70 percent fluid. When considering how much solid food you consume in a day and how many glasses of fluid you drink, many individuals would benefit from more fluid consumption. Water is the best source of fluid, it is considered to many to be life's most essential nutrient. Your body needs water to work properly. Water helps you digest foods and turn food into energy for the body. Water regulates your body temperature, keeps your mouth moistened and maintains muscle tone. Water carries nutrients and oxygen to every cell in the body and protects and cushions vital organs and joints. Children ages 3-6 should consume 40-50 ounces of fluid daily.