



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

*Keep working on making habits effortless!*

**Habit #2 - Drink 8-ounces of a calorie-free beverage before you eat.**

### **Over HALF of the human body is water!**

This means, whether you're getting enough affects your whole body. From your skin and brain to the processes of vital organs, water is needed each day to perform normal functions and keep you healthy. When you are dehydrated, your body isn't running as efficiently as it should, which in turn triggers you to crave water.

### **Is your body sending signals?**

It's often difficult for the body to decipher between hunger and thirst. Use this simple rule of thumb: if you feel like you are hungry, first try drinking a glass of water. Your body may be giving you first signs of dehydration.

### **Can you achieve your daily fluid needs other than drinking water?**

Absolutely! Try juicy foods such as cucumbers, tomatoes, and peaches. Some foods perceived as "dry" also contain high percentages of water... include beans, roasted chicken and baked salmon in your diet. Fluids still need to be a top priority. If you are bored with water, try herbal tea, sparkling water, or water with fruit flavors.



Infuse a container of water (let it chill 1 hour or overnight depending on how potent you want the flavors) or the ice cubes that you're using to chill your favorite beverage. Let your creativity take the reins!

## Flavored Ice Cubes

### **Ingredient Combinations:**

- Lemon + Lime
- Watermelon + Basil
- Strawberry + Basil
- Cucumber + Mint
- Mint + Lime
- Blackberry + Mint
- Grapefruit + Rosemary
- Apple + Pear
- Lavender + Mint
- Blueberry + Raspberry
- Mango + Pineapple
- Grape + Cherry
- Orange + Pineapple
- Blueberry + Lemon



### **Directions:**

1. Prepare your ingredients. Wash fruit and herbs and chop to your desired size.
2. Place a few pieces of fruit and/or herbs into each compartment of your ice cube tray.
3. Fill the ice cube tray up with water and freeze.

*Adapted from  
Have a Plant  
([fruitsanveggies.org](http://fruitsanveggies.org)).*