

Go With the Flow!

by **Nancy M. Copperman, MS, RD**, and **Marc S. Jacobson, MD**

Are you thirsty?

Then grab something to drink while you read this, because your body needs it!

Hydration (making sure your body gets enough liquid) is a full-time job. For an active teen, drinking water and other healthy fluids should be so routine that it's almost a "mindless habit"

Why you need fluid

All day long you lose water. Fluid leaves your body when you urinate, when you sweat, when you breathe, and even when you sleep.

Your body needs fluid to function. Most teens need about 2 1/2 quarts of fluid (that's 76 ounces or 2,500 ml) every day. If you're an athlete, you need much more.

It's important to stay hydrated all the time. This is especially true when you are sick. Fluids enable your body to cope with fever and help you to flush toxins from your system.

A QUICK LOOK AT CALORIE COUNTS

This chart shows calorie counts for typical servings of popular drinks.

Can of cola (12 oz)	140 calories
Lemonade (16 oz)	200 calories
Sweetened iced tea (16 oz)	200 calories
Orange juice (16 oz)	220 calories
Apple juice (16 oz)	240 calories
Chocolate drink (11 oz)	180 calories
Sport drink (32 oz)	200 calories
Punch (16 oz)	240 calories

Guess what happens when you choose an extra-large version of your favorite drink? A 32-ounce cola has 400 empty calories. Try filling-up with cold water or skim milk.

How do you know if you're drinking enough?

Get in the habit of checking the color of your urine. It should be clear, almost like water. If it's not, you probably should be drinking more.

Watch out for hidden calories

Drinks with lots of sugar are drinks with lots of calories. Juices, sodas, sweetened iced tea, and punch can be loaded with sugar. Read the nutrition label on the bottle and do the math!

Where to find your fluid

Drinks that provide your body with essential fluids and nutrients will help you grow and stay healthy. But beware of drinks loaded with sugar that provide little more than a lot of empty calories. Most experts want you to be cautious about drinking diet beverages and highly caffeinated drinks like coffee because scientific data about safety are lacking. So if you have the choice, choose water or flavored seltzers. Take the time to make good choices!

1. Low-fat dairy products are always good, especially for teens, who are building bone. If you can't drink milk, then substitute up to 12 ounces of a calcium-fortified juice each day.
2. Fresh fruit provides fluid along with vitamins and fiber. If you're in a hurry, grab some grapes.
3. Get creative! How about unsweetened home-brewed decaffeinated ice-tea with cut-up fruit slices?
4. When in doubt, go with what you know. You can never go wrong with water!

Good hydration is one of the easiest ways to foster all-around good health. Learn to grab that water bottle on your way out the door. Drink water when you walk, when you work out, and when you study. Go with the flow!

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Know What You Know and You'll Know What to Do: Advice For Teens

OK, you've heard about alcohol and drugs before. You've heard it from your parents, at school, at the doctor's office, even on TV. Do all of these people really expect that you will *never* drink or use drugs? Are alcohol and drugs really that dangerous? Maybe you should read Michelle's story:

"I always knew that it was dangerous to drive after drinking or using drugs. That's why I always slept over at parties instead of looking for a ride home. One night I went to a party at Kim's house. I met a bunch of new people, who seemed pretty cool, and I had a great time. I felt safe because I knew I was sleeping over, so I just kept drinking. Some time later, after a lot of drinks, I guess I blacked out. I have no idea what I said or did, I only remember waking up with a guy I didn't know on top of me. You just don't know how gross that made me feel. I never thought something like that could happen to me. It made me realize that alcohol and drugs are dangerous in lots of ways. I don't want to drink any more, at least not for now." – Michelle

Top 5 strategies for saying "no" to alcohol and drugs

1. Plan ahead. If you are going to a party or concert, decide not to drink or use drugs **BEFORE YOU LEAVE YOUR HOUSE.**
2. Arrange to spend time with friends who don't use.
3. Think of ways to have fun without drugs. If you can't think of anything you may really have a big problem.
4. Tell your friends you are trying to avoid using. If they still push you to use, maybe you need to think about who your friends are.
5. Think of all that you can accomplish with your life. Then think about how alcohol and drugs can get in the way. Is using really that important?

Don't go yet — read Evan's story before you put this paper down:

"I've always known that drinking and driving is dangerous. But I'm smart; I promised my parents and myself that I would never get behind the wheel if I was drunk. I didn't drink that much anyway. Smoking weed was a lot more fun. I would light up with my friends and we didn't worry about that because we all knew we could drive better after smoking. It wasn't until after the accident that I learned how much marijuana can slow your reflexes and affect your judgment. That's probably why I didn't see the car coming down the street as I was pulling out of the driveway. My friend Billy got really messed up. Now we don't know if he'll even be able to walk again. Nothing will ever be the same now." – Evan

Top 5 strategies for saying "no" to a ride home with an impaired driver

1. Plan ahead. Have a ride home worked out **BEFORE YOU LEAVE YOUR HOUSE.**
2. Have a back-up plan in case something goes wrong. Be prepared to take a bus, call a taxi, sleep at a friend's house, or call your parents if your ride falls through.
3. If your ride has been drinking or using a drug, tell him that you "feel sick" and don't want to get in the car.
4. Don't try to decide if you or someone else is "all right" to drive. If you drank or used anything at all that night, **DON'T DRIVE.**
5. Sign the "Contract for Life" with your parents (provided on the Internet by Students Against Destructive Decisions at www.saddonline.com)

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