**Drink Your Water**

**AND EAT IT, TOO!**

Drinking water isn’t the only way to stay hydrated. What we eat can significantly affect our daily fluid needs. As a matter of fact, what you eat and drink each day, *besides* water, may satisfy your daily fluid needs more than you think.

**HOW MUCH FLUID DO YOU NEED?**

It is a myth that we need 8 glasses of water a day. Researchers from the Institute of Medicine find that most people get adequate fluids from the foods they eat and by drinking when thirsty. Although fluid requirements vary from person to person, most people require a total of 11 to 15 cups a day. This is a helpful guideline, especially since it may become more difficult to recognize thirst as we age. Food, which is often overlooked as a water source, can provide up to 20 percent of the fluid we need each day. This translates to about 2 cups for women and 3 cups of fluid for men. If you choose water-rich foods, this amount can be even higher!

**LOSE WEIGHT BY WATERING DOWN YOUR CALORIES**

Filling up on foods that are high in water is one way to lighten your calorie intake. If you eat foods that contain a lot of water – like fruits and vegetables – it may help you lose a few pounds! In a study done by the University of Tokyo, women who ate high water-content foods had lower body mass indexes and smaller waistlines. The researchers suggest that the water in these foods fill you up so you eat less.

**EAT YOUR FLUIDS**

Whether you are looking to stay hydrated or lose a few pounds through the food choices you make, here is a list of fruits and vegetables that contain at least 90% water.

- Broccoli
- Cabbage
- Cauliflower
- Grapefruit
- Lettuce
- Radishes
- Spinach
- Cauliflower

**GOLDEN POTATO-CAULIFLOWER SOUP**

**Ingredients**

<table>
<thead>
<tr>
<th>2 teaspoons olive oil</th>
<th>1/3 cup finely chopped shallots</th>
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<tr>
<td>1/3 cup finely chopped celery</td>
<td>2 1/2 cups sliced cauliflower (about 1/2 small cauliflower)</td>
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<tr>
<td>3/4 pound sliced peeled Yukon gold potatoes</td>
<td>2 (14-ounce) cans fat-free, less-sodium chicken broth</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td>1/4 teaspoon ground red pepper</td>
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<tr>
<td>1 teaspoon lemon juice</td>
<td>2 teaspoons chopped chives (optional)</td>
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**Preparation**

To prepare soup, heat 2 teaspoons oil in a large saucepan over medium heat. Add shallots and celery; cover and cook 2 minutes. Stir in cauliflower, potato, broth, salt, and pepper; bring to a boil. Reduce heat, cover, and simmer 15 to 20 minutes or until vegetables are tender. Add lemon juice. Place vegetable mixture, in batches, in a food processor; process until smooth. Divide soup evenly among 4 bowls; serve with croutons, and top with chives, if desired.

**NUTRITIONAL INFO:** Makes 4 servings (1 ½ cups each)  Calories 171, Fat 4 g (sat 1g, mono 3g, poly 1g), Protein 7g, Carbohydrate 28g, Fiber 4g, Sodium 629mg.

Recipe Source: *Health Magazine*, March 2004

**Sources:**