Winter is coming and according to the Human Performance Research Center, dehydration can occur faster in colder weather than it does when it's hot outside. You might not think that skimping on the H2O this winter will be that big of a deal, after all it's not like you're breaking a sweat while moving hurriedly between classes, right? The truth is, dehydration occurs more often in the winter than you'd expect. Did you know that the feeling of being thirsty is actually one of the last questions indicating that you are dehydrated? When you feel thirsty, you're already dehydrated, which is why it's important to remember to drink water even when you don't feel thirsty.

The Mayo Clinic outlines some of the most common signs of dehydration in adults which include: extreme thirst, infrequent urination, dark-colored urine, fatigue, dizziness, and confusion. In infants and children, signs also include, having a dry mouth and tongue, no tears when crying, no wet diapers for three hours, sunken eyes, cheeks, or soft spot on top of the skull, disinterest in playing, and irritability.

Dehydration can cause very serious issues in regards to your health, including decreased cognition, decreased athletic performance, heart problems, constipation, and dry skin, just to name a few. The elderly, athletes, and children are at greatest risk for cold weather dehydration so special care should be taken to ensure they are consuming adequate amounts of water.

Follow these tips to stay hydrated this winter!

- Take fluids with you before you leave the house.
- Drink often, even if you are not thirsty.
- Remember that certain fluids dehydrate the body. These include alcohol, carbonated drinks, including sports drinks and energy drinks.
- Monitor the color and amount of urine your body is producing. Your urine should be light yellow or clear. If it is darker, drink more water.

https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086
https://www.hprc-online.org/articles/Winter-dehydration S.H.
Weightless Myths YOU Should Be Aware Of!

Myth: Eating at night will make you gain weight.
Fact: The time of day you eat certain foods doesn't matter! Overall calorie intake is what will determine if you lose or gain weight.

Myth: To lose weight, stop eating dessert.
Fact: Completely avoiding foods you enjoy will cause you to feel deprived and will probably lead to bingeing on these foods later. It's definitely O.K. to enjoy small portions of your favorite desserts!

Myth: Skipping meals will help you lose weight faster.
Fact: Skipping a meal will make you hungry and cranky! Your metabolism will also slow so when you do eat again, the food isn't burned off as efficiently.

Myth: The more you work out, the more weight you will lose.
Fact: This may help you to lose weight short term, but it is likely you will end up gaining it all back in the long run if you do not make diet changes, as well. Extreme workouts can cause you to burn out quickly or even get injured. Finding a workout routine that you enjoy is best.

Myth: Carbs, like bread and pasta, are bad.
Fact: Healthy carb sources like fruits, vegetables, and whole grains are part of a healthy diet.

Myth: Supplements, diet foods, or detoxes will help you lose weight.
Fact: Most supplements have been proven not to have a significant effect on weight loss, and many “diet” foods are more processed than junk foods.

Focusing on overall health, like getting enough sleep, eating a balanced diet, and working out a few times a week is most beneficial overall.

https://www.healthline.com/nutrition/top-12-biggest-myths-about-weight-loss#section12

Iron is an essential element in the body that is needed to produce hemoglobin. Hemoglobin is the part of red blood cells that carries oxygen from the lungs to various tissues and then takes carbon dioxide back to the lungs where we breathe it out. When the body is deficient in iron, due to not eating enough iron rich foods, oxygen and carbon dioxide cannot be transported properly. In the article, “Foods to Fight Iron Deficiency” on eatright.org, it states that, “Iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the United States.” Women typically have a much higher risk of being iron deficient, especially those that are pregnant or of childbearing age. Symptoms of iron deficiency include fatigue, dizziness, headache, and pale skin.

Good sources of iron include animal products like tuna, pork, and eggs. Iron can also be found in plant-based sources, as well. These include foods like beans, dark leafy greens, and enriched rice. One of the best ways to prevent your body from being deficient is to eat a variety of foods that contain iron, and also to combine these iron sources, particularly vegetable sources, with vitamin C in the same meal.

www.eatright.org/resource/health/wellness/preventing-illness/iron-deficiency. M.H.
Spicy Tuna Wrap

Ingredients
- 1 4oz can of solid white albacore tuna
- 1 1/2-2 tbsp. mayonnaise
- 1 tsp soy sauce
- 2 tsp sriracha
- 2 wraps
- 2/3 cup matchstick carrots
- 1/2 hass avocado, sliced
- 1/2 cucumber, peeled and sliced into long sticks

Instructions
In a small bowl, mix together the tuna, mayonnaise, soy sauce, and sriracha. Divide the tuna salad between two wraps, then divide the veggies between the two wraps. Wrap up and enjoy! C.D.
Social Media’s Impact on Nutrition

It seems today that everyone is on social media! Not only can you follow your friends and family on sites like Facebook, Instagram, and Twitter, but you can even find businesses and even government officials, as well. On average, a person spends over an hour browsing through social media every day! This exposure can sway and alter our attitudes and habits. There has been a major increase in food, healthy lifestyle, and dieting accounts on social media in the last couple of years. In fact, nowadays most millennials learn how to cook off of YouTube or Buzz Feed videos. The “best” advice for what to cook for dinner now typically comes from: 20% Pinterest, 18% Medical Professional, 25% Website and 89% of one’s own network of close friends. It’s important to remember, however, that not everything on social media is reliable. For example, Facebook has a variety of fun and eye-catching articles about nutrition, but these posts do not typically come from credible sources. You also should be aware of inaccurate or misleading information about how to eat healthy or how to lose weight on social media. It is important for individuals to access accurate and science-based information from credible websites and science-based social media sites. Organizations like The Academy of Nutrition and Dietetics and the United States Department of Agriculture are both credible, science-based websites that also have social media accounts! It is important to check for certain qualifications and education from the websites’ authors of the articles and posts. However, it is also important to understand that through the use of credible sources, the information given out is helpful for knowing how our diet can change for the better. Lastly, the easiest way to learn more about healthy eating is to contact a local registered dietitian for nutrition advice.

https://cravedfw.com/2013/05/31/new-research-how-social-media-affects-our-food-habits/

Winter Squash Corn Chowder

**Ingredients**
- 1 medium – onion
- 3 medium – carrot
- 1 medium – sweet potato
- 3 pound – kabocha squash
- 1 tablespoon – oil, vegetable
- 4 cup – chicken broth, low-sodium
- 4 ounce – cream cheese
- 1 can drained – chickpeas (garbanzo beans), canned
- 2 cup – corn, frozen
- 1 teaspoon – salt

**Directions**
1. Dice onion very small. Chop carrots and sweet potatoes into bite-sized pieces. It may be helpful to soften squash first by heating in the microwave (poke with fork and place in a safe dish for 8 minutes in the microwave or at 400 degrees Fahrenheit for 20 minutes in the oven).
2. Heat large pot on medium-high heat, pour oil, and sauté onions for 5 minutes. Add carrots, potatoes, squash, and broth. Bring to a boil and then reduce heat to medium-low to simmer for 15 minutes. Cover if you want a thin soup or leave covered for a thicker consistency.
3. Add cream cheese, beans, corn, and salt (to taste). Increase heat to high and boil for 10 minutes until vegetables are tender


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