



# Nutrition News - August 2022

## Healthy Morning Drinks Start Your Day Off Right

Given that most of us are chronically dehydrated, especially during the summer, drinking water at any time of the day is a good idea, as a rule. And the morning is a perfect time to rehydrate, given that sleep comes with loss of water through both breathing and sweating. Many people even wake up feeling dehydrated.

A number of things can exacerbate the body's nightly water loss, including breathing dysregulation (like snoring, mouth breathing, and sleep apnea), night sweats, an over-warm bedroom, hormonal imbalances, and side effects of common meds, such as antidepressants.

Even in the absence of these factors, it's a good idea to hydrate when you first wake up, especially if you exercise in the morning. Dehydration can cause dry mouth, malaise, foggy thinking, drowsiness, and even dizziness throughout the day. So if you want to perform at your highest level, both mentally and physically, make sure you replace any fluids you've lost during the night. Plus, there's evidence that water consumption tends to reduce the intake of calories, sugar, and saturated fat.

### Plain Water: A Good Place To Start

One way to decrease the odds of dehydration first thing is to have drinking water accessible and visible right when you get up. A water bottle, tall glass, or mason jar on your bedside table can serve as a visual cue to drink as soon as you wake. In addition to pure water, you may want to have some vegetable broth in the morning (which may already have electrolytes like sodium and potassium in it), or add electrolytes to your water.

Make sure to avoid sugary drinks that can cause blood sugar fluctuations and contribute to food cravings throughout the day.

There's a world of awesome nutrients out there, and drinking your fruits and veggies can get them inside you where they can do good things. Fresh juices and smoothies are wonderful and tasty delivery systems for vitamins, minerals, antioxidants, and many other valuable phytonutrients.

Green smoothies pack a particularly powerful nutritional wallop, as the blending appears to increase the bioavailability of phytochemicals found in plant foods. And with smoothies, unlike juices, you get fiber as well. To aid in the absorption of some nutrients and prevent later blood sugar crashes, you can add healthy fats like avocados, nuts, seeds, or nut or seed butters.

On the back page we've included a couple of recipes for healthy morning drinks. You can find more healthy, tasty recipes at [dutchessny.gov/OFANutrition](http://dutchessny.gov/OFANutrition).

### Dutchess County Office for the Aging

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## Morning Drink Recipes

### Beet Carrot Turmeric Juice

Yields 2.5 servings  
Prep time: 10 min

#### Ingredients

- 1 cup beets (scrubbed and chopped into 1" cubes)
- 1 cup carrots (washed and sliced)
- ½ medium organic apple (optional for additional sweetness)
- 1 medium cucumber
- 2 tbsp fresh turmeric (sliced)
- 1 cup water (only if using a blender)
- ¼ cup lime juice

#### Directions

1. If using a blender, add the beets, carrots, apple, if using, cucumber, turmeric, and water to a high-speed blender. Blend until smooth. If using a juicer, then add all of the ingredients to a juicer and juice away! Since all of the ingredients are hardy, there is no particular order in which you should add them.
2. For the blenderized ingredients, add them to a plant-based milk bag or a thin tea towel (that you don't mind getting stained!) over a large bowl or pitcher. Squeeze the ingredients down from the top. Keep squeezing as well as twisting until all of the juice is removed from the pulp and in the bowl or pitcher. Either compost the pulp or save it for veggie broth (see Chef's Notes).
3. If you juiced the ingredients, strain the juice, if needed, through a fine-mesh strainer or sieve.
4. Squeeze the lime into the juice.
5. Divide the juice between two 16-ounce mason jars or another container of choice.

#### Chef's Notes / Substitutions

In place of turmeric, use ginger.

Instead of cucumber, use celery.

For the beets, use golden or red beets.

Carrots are high in carotenoids, which are best absorbed when consumed with fats. Enjoy this juice alongside a plant-based meal or snack that includes healthy plant-based fats like avocado, nuts, or seeds.

### Creamy Kale Pineapple Smoothie

Yields 2.5 servings  
Prep time: 5 min

#### Ingredients

- 1 cup plant-based yogurt (unsweetened, unflavored, store bought or homemade, see Chef's Notes)
- 2 handfuls organic kale, destemmed, leaves only (about 2 cups)
- 2 cups pineapple (fresh or canned, unsweetened)
- 1 medium banana (ripe)
- 2 tbsp chia seeds
- 1 cup water

#### Directions

Add all ingredients to a blender and blend until smooth. Taste for additional ingredients of choice.

#### Chef's Notes / Substitutions

Instead of kale, try watercress, mustard greens, or broccoli sprouts.

In place of pineapple, use mango or a combination of the two.

Instead of yogurt, use plant-based kefir.

#### Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. Add more water as needed for consistency.

## Did You Know?

The active compound in turmeric is curcumin, which is best absorbed when combined with ground black pepper.

Add a dash of black pepper to any juice containing turmeric to maximize turmeric's benefits.