

KEEPING YOUR BODY HEALTHY:

Health, Nutrition and Random Stuff

Mental Appetizers from Four Points Catering

February, 2019

WHICH WATER RECOMMENDATION IS BEST?—We all know you should drink “enough” water. One of the Mizzou women’s basketball team members is now on a radio ad promoting adequate hydration. It is essential for everything related to the body operating smoothly. There have been various recommendations over the years. One said eight 8-ounce glasses a day. Another said a gallon (128 ounces) a day. Yet another says men should drink 15 ½ cups (8 ounces per cup) and day and women should drink 11 ½ a day (figured out down to the half cup—really?). How much is “enough? One recommendation that seems to make sense is to drink one-half to one ounce daily for every pound of body weight. Reasons to be on the higher end (or more) are exercising, being outside a lot in hot weather, and when you are sick. Dehydration is often a cause of muscle cramps, so that’s a warning sign. Observe your urine: It should be colorless or pale yellow, while darker yellow indicates the need for more water intake.

A DAY FOR CANDY, CARDS AND FLOWERS—There are a couple of legends about the inspiration for Valentine’s Day, both of them dating back to the Roman Empire. However, it took until 1868 for Richard Cadbury to create the first heart-shaped candy box that is such a popular gift today. It takes all year for the Necco company to make the 8 billion little candy hearts that say “Hug Me”, “True Love”, etc. (there’s about 45 different messages) that are sold for every Valentine’s Day. It’s the second largest card-giving day, just behind Christmas, and more than half are bought by procrastinators the six days just before Valentine’s Day. The only day bigger for flower sales is Mother’s Day. The average male spends \$130 for Valentine’s Day, while the average female spends just \$70. And in the category of things that make you go “Hmm”, more at-home pregnancy tests are sold in the month of March than any other month.

WHICH DIET IS BEST?—The holiday season and eating Valentine’s Day candy may have you, along with many others, thinking about losing weight. There are many diet plans. Avoid fads and those requiring extreme measures. Before starting one, research it thoroughly to make sure it supplies the necessary nutrients for overall health. 4 POINTS CATERING will provide you with individually customized meals to help you stay on your plan. That is one of the things that make us better than our competitors. **If you’ve heard about a house that is receiving inadequate food service, talk to us about our referral incentive.**

4 Points Catering is a locally-owned company. In addition to frat houses, our clients include the MU athletic and pathology departments. We also cater weddings and other special events. See our website (4pointscatering.com) or check our reviews on Facebook. Our website is fairly new, so your comments or suggestions are welcome. Contact Travis, Joe or Amaya.