

# Mansfield Monthly



## ARE YOU GETTING IN ENOUGH ELECTROLYTES?

When most of us hear the word electrolytes, we think of things like Gatorade or Powerade thanks to strategic marketing campaigns. Although these drinks do contain small amounts of electrolytes, there are many greater sources as well!

Some of the most important/mainstream electrolytes are: Sodium, Potassium, Magnesium & Calcium. What are these minerals & where do we get them?

**Sodium: RDA: 2,300mg** (RDA= Recommended Daily Amount)

One electrolyte most of us don't have any issue getting enough of in our diets. It is crucial for fluid balance in/out of our cells, nerve/muscle function and controlling blood volume & pressure. Limit intake of heavily processed foods to help avoid having excess amounts of sodium, preventing excess stress on our hearts, kidneys, etc.

**Potassium: RDA: 3,500-4,700mg**

Works in conjunction with sodium throughout body with things such as cell/muscle function, fluid balance and blood pressure regulation. Potassium helps to excrete excess sodium from the body and maintain proper fluid balances which helps regulate blood pressure. Getting in adequate levels of potassium might help lower blood pressure since many people are deficient in this mineral.

**Magnesium: RDA: 310-420mg**

Responsible for over 300 processes in the body including: cell health, muscle/nerve function, energy production, blood pressure and blood sugar control and many more.

**Calcium: RDA: 1,000-1,200mg**

Much like the above minerals, calcium also plays a large role in nerve health, fluid balance and heart health, but it also has a very important role with muscle contraction and building/maintaining strong bones.

### Food Sources of Electrolytes

*(Ranked from highest amounts per serving to least)*

\*Sodium unlisted because it's put on/added to so much as is & we typically eat plenty!

#### **Potassium**

- Potatoes (White, Sweet, etc.)
- Beans (White, Kidney, Navy, etc.)
- Salmon
- Squash
- Banana (^^ more potassium per serving than banana!)
- Spinach
- Milk
- Avocado

#### **Magnesium**

- Seeds (hemp, pumpkin, flax, etc.)
- Spinach & Swiss Chard
- Squash
- Beans
- Nuts (Brazil, almonds, cashews, etc.)
- Brown Rice
- 85% Dark Chocolate
- Avocado
- Milk/Yogurt
- Banana

#### **Calcium**

- Cheese (Parmesan, Ricotta, Mozzarella, etc.)
- Yogurt/Milk/Almond Milk
- Tofu
- Sardines
- Chia Seeds
- Kale/Broccoli
- Almonds
- Sweet Potato

### TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>  
(Calendar of Specific Dates & Times ^^)

### 1 ON 1 SUPPORT CALLS

If you have a particular goal you're working towards or are looking for a little extra support or ideas to improve your health & wellness during these times, send an email to [cummingsb@mansfieldct.org](mailto:cummingsb@mansfieldct.org).

If you're looking to get started on a goal at home (nutrition, stress relief, exercise, etc.) let us know and we'd be happy to schedule some time to put together a strategy for you.

[CLICK HERE](#) for MCC offerings, reopening guidelines and membership opportunities!

[cummingsb@mansfieldct.org](mailto:cummingsb@mansfieldct.org) with any questions or ideas to keep up with your health/wellness right now!



### BE WELL NEWS

Please click [HERE](#) for the August Wellness quiz that will count towards the end of year Rewards!

\*\*The average high in August is ~ 83 degrees for CT. We lose a lot of electrolytes in our sweat so eat nutrient-dense foods and stay hydrated!

### MCC Updates

<http://mcc.mansfieldct.gov/CivicAlerts.aspx?AID=426>

- Click [HERE](#) to make a reservation at the MCC
- The pool is open and socially distant swim lessons are available! Follow [THIS LINK](#) for more information.

### Fruit Kabobs



Cut up your favorite fruits into chunks and put them onto skewers like traditional kabobs.

Serve them with a low or non-fat Greek yogurt for a tasty, low calorie snack or cookout appetizer.

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

