



## The Importance of Keeping Kids Hydrated

As the summer approaches, it is important to pay attention to children's hydration needs, since they are more vulnerable to the effect of dehydration than adults. Even though children have a lower capacity for sweating, their hydration needs are not that different than adults. As a result, they overheat more frequently.

Because kids' bodies don't cool down as efficiently as adults', parents need to encourage active children to drink often and watch for the signs of dehydration. Infants and toddlers are also at risk during hot weather.

### Symptoms of dehydration include:

- No tears
- Fatigue
- Dry Mouth and Tongue
- Light Headed
- Dry Skin
- Decreased Urination

Severe dehydration can be life-threatening, so it's important to know the signs and act quickly to help them cool down and re-hydrate as soon as possible. If a child experiences any of the above symptoms, please contact your health provider immediately.

## **WATER** Choosing water can help your family stay hydrated and healthy.

Water makes up more than half of our body's weight and is absolutely necessary for life. Plain water is the best choice, but there are now flavored, fortified and sparkling varieties of water you can try as well. Almost every process that happens in our bodies requires water. Every day we lose water by sweating, in our urine, and by breathing. In order to stay hydrated, we have to take in as much water as we lose. How much water do we need? For many people, drinking beverages with meals and in-between when you feel thirsty is enough to stay hydrated.

- Eat more fruits and vegetables. Fruits and vegetables tend to have a high water content, which makes them a great option for helping you meet your hydration needs.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon – or by drinking sparkling water.



Sources: The Beverage Institute for Health and Wellness, Centers for Disease Control and Prevention

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## Hydration Tips for Kids

- Keep on top of the hydration needs of young children playing outdoors, particularly in hot weather
- Have children drink before heading out to play and call them in frequently for beverage breaks.
- Serve beverages at moderate temperatures to promote greater fluid intake.
- Offer beverages that your child will enjoy. Several studies show that children consume 45%-50% more liquid when it's flavored.
- Remember that many foods have high water content and contribute to total fluid intake, such as fruit and vegetables.
- Pack water bottles in backpacks of kids heading off to school or to play



## Side Dish: Avoid Heat-Related Illnesses

Summer is just around the corner and soon we'll be participating in the "fun in the sun" activities we all enjoy. There is no doubt about it; summer is the time to be outside, to be active, and to have FUN! While there is nothing better than to be outside on a sunny summer day, we all need to be aware and to protect ourselves from heat related illnesses.

It is important when participating in any outdoor activity, or when working outside, to pay attention to your body. More specifically, pay attention to the signs of a heat induced illness. This can occur when the body is unable to cool itself by sweating.

**In addition, always use appropriate sunscreen.** An SPF (sun protection factor) of 15 or higher is recommended. Whether at work or at play protect yourself from a heat related illness and have a safe and healthy summer!

### Know the Symptoms

#### • Signs or symptoms of HEAT EXHAUSTION are:

- Headaches, dizziness, light-headedness, or fainting
- Weakness and moist skin
- Mood changes such as irritability and confusion
- Upset stomach or vomiting

#### • Signs or symptoms of HEAT STROKE are:

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or fits

## Food Focus: Fruit



Much like vegetables, fruit contains dietary fiber which helps with digestion. Fruit is also a wonderful snack because it creates the feeling of fullness while being naturally low in fat, sodium and calories.

- Make most of your choices whole or cut-up fruit, rather than juice, for the benefits of dietary fiber and the phyto-nutrients it provides.
- Select fruits with more potassium, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.



### Fruity Breakfast Parfait



#### Ingredients:

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

#### Directions:

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds. Enjoy!

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