

Nutrition Notables

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Special points of interest:

- Learn how to stay hydrated in the summer heat!
- Learn how to exercise or work outside in the heat without becoming dehydrated!

Hydration Help

Summer has arrived and with it the heat and humidity. Of course, this also means outside activities and lots of sweating.

Since 75% of body is water, we need quite a bit of water to maintain ourselves. A sedentary individual needs at least 1 liter of fluid daily. A minimally active person needs about 3 to 4 liters per day, and athletes who exercise outside or people working in heat all day can need greater than 10 liters per day. Fortunately, about 20% of our fluid comes from our food.

The first signs of dehydration are thirst and dark colored urine. If dehydration worsens you may experience dry mouth, your eyes may stop making tears, muscle cramps, nausea and vomiting, heart palpitations and lightheadedness (especially while standing). With severe dehydration confusion and weakness can occur. Ideally, dehydration will never occur at all.



So how do we avoid dehydration? Try the following tips to keep yourself well hydrated in this sweltering summer heat:

- Stop at water fountains when you see them
- At work keep a bottle or glass of water with you to sip on regularly
- At home carry a glass of water around with you
- Have a glass of water when you get up in the morning
- Have extra water or milk at lunch time too
- Stay away from caffeinated beverages and alcohol. These can dehydrate you more
- Avoid high protein diets. These can dehydrate you more
- If you work outside all day or exercise in the heat, try to pack a water bottle or a sport drink into a bag you take with you

There are also some specific guidelines for staying hydrated while you are outside working or exercising in the heat:

- If you are not on a sodium restricted diet, drink sports drinks just before, during your outside activity and just after. Drink water the rest of the day.



Stay Well Hydrated in the Summer Heat!

- Drink something every 10-30 minutes and drink at least 3 to 12 oz each time
- Cold fluids are better when it's hot out to cool you down
- Weigh yourself before and after you go outside without clothing. For each pound you lost while outside, you will need to drink at least 2 cups of water
- Salt tablets not a good idea even if you are not on a sodium restricted diet.

Follow these guidelines, and you can still enjoy your summer activities without worrying about dehydration!