

Summer

Health & Safety



Week 4 - Hydration Tips

Follow these tips from the Centers for Disease Control and Prevention (CDC) to keep your body hydrated:

1. Get plenty of fluids

During hot weather you need to drink more fluids and eat foods that contain water. When your body temperature rises, it compensates by sweating to cool you down. Sweating removes water from your body, increasing your need for fluids.

In hot weather or when exercising, drink two to four glasses of cool fluids each hour to make up for sweat losses.

Warning: *If your doctor limits the amount of fluid you drink or has you on water pills (diuretics), ask your doctor the amount of water you should drink when the weather is hot.*

Children and the elderly, who are at higher risk for dehydration, have different fluid needs than adults. These recommendations include the total amount of fluid your body needs per day — from water, other beverages and food.

2010 fluid recommendations per day

Age	Cups of fluid per day
Infants 0-6 months	3
Infants 7-12 months	3½
Children 1-3 years	5½
Children 4-8 years	7
Males 9-13 years	10
Males 14-18 years	14
Males 19 years and older	16
Females 9-13 years	9
Females 14-18 years	10
Females 19 years and older	11½
Pregnant women	13
Breastfeeding women	16

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Optimize Your Fluid Intake!

Below is a list of high-water foods you can eat all summer long to help put back what sweat takes out.

- Melons
- Cucumbers
- Lettuce
- Popsicles
- Tomatoes
- Apples
- Oranges
- Celery
- Broccoli
- Cauliflower

Beverages are important, too. Avoid beverages with caffeine, like energy drinks, and alcoholic beverages: Both promote water loss from your body. Also avoid beverages with lots of added sugar, like sodas. Stick to diet, caffeine-free sodas and low-calorie fruit drinks. Here are some summer-approved beverages to help you beat the heat:

- Water
- Low-calorie or sugar-free fruit beverages, such as Crystal Light®
- Sparkling water

2. Replace Electrolytes

Fluid loss from sweating removes essential electrolytes from your body along with water. Electrolytes include sodium and potassium. These are necessary for muscular and nerve function. Ways you can replace electrolytes include:

- Drinking a sports beverage, such as Gatorade® or Powerade®
- Eating a high-potassium food, such as a banana, baked potato, or glass of orange juice
- Eating one serving of salted crackers or pretzels, or salting your food

Warning: *If you are on a low-salt diet or sodium-restricted or renal diet, ask your doctor before consuming high-potassium or high-salt foods. If you are diabetic or on a reduced-sugar diet, ask your doctor about an alternative to sports drinks.*

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3. Wear clothing that covers exposed areas of skin

Apply sunscreen to help protect your skin and prevent sunburn, which increases fluid loss and risk of dehydration.

4. Schedule outdoor activities carefully

Limit your activity to the morning and evening hours as much as possible. If you are outside between 10 a.m. and 4 p.m., when it is hottest, seek shade and rest often so your body has a chance to recover.

5. Monitor those at high risk

Infants, children and the elderly are at higher risk for dehydration and heat exhaustion. Learn the signs of heat exhaustion, and watch out for them.

References:

United States Department of Agriculture National Agriculture Library. (2012, June). Dietary Reference Intakes: Electrolytes and Water. Retrieved June 14, 2012, from <http://www.ion.edu/GlobalNews%20Announcements/-/media/442A08B899F44DF9AAD083D86164C75B.ashx>

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Hydration Check

Check your level of hydration by understanding the following signs of dehydration:

Thirst

Are you thirsty? Thirst is a sign that your body is already dehydrated. Drink even when you aren't thirsty to avoid dehydration. The elderly and young children may not be able to tell whether they are thirsty. Ensure young children drink fluids throughout the day. The elderly lose their sense of thirst with age; encourage seniors to drink even if they aren't thirsty.

Urine Test

You can tell your level of hydration based on the color of your urine. Straw-colored urine indicates proper hydration. Dark urine the color of apple juice may be a sign that you are dehydrated.

Sweat

Are you sweating? If so, you need to drink fluids to replace what your body is losing! On average, you lose about 34 ounces of water for every hour that you sweat.