Hydration is Key

The mid-summer sun and heat in Colorado are appealing to many and provide a great reason to get outside and enjoy the variety of outdoor activities Colorado has to offer. Hiking, biking, running, kayaking, rock climbing, and rafting are all popular past times for the outdoor adventurists. Participating in such activities in hot weather can cause you to sweat as well as lose water through your breath, so it is important to stay hydrated.

Dehydration occurs when you lose more fluid than you consume, and your body does not have enough fluids to function properly. Excessive sweating, heavy breathing, and not drinking enough water during hot weather or exercise can cause dehydration. For this reason, it is important to make sure you drink plenty of water before, during, and after your activities in the heat and dry air.

How much water should you drink?

On average, on a daily basis, adults should consume about 30 ml of water/kg of body weight. However, when being active in the hot weather, you should consume more. This table gives an example for a female who weighs 132 lbs. (60kg) and a male who weighs 160 lbs. (73kg).

<table>
<thead>
<tr>
<th>Weight in kg</th>
<th>Water needed (kg x 30 ml)</th>
<th>Water needed when active in hot weather</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong> (160 lbs.)</td>
<td>160/2.2 = 73 kg</td>
<td>73 x 30 = 2190 ml (2.2 L)</td>
</tr>
<tr>
<td><strong>Female</strong> (132 lbs.)</td>
<td>132/2.2 = 60 kg</td>
<td>60 x 30 = 1800 ml (1.8 L)</td>
</tr>
</tbody>
</table>
July is National Blueberry Month!!

This tiny summer berry is packed with nutrients. Blueberries are an excellent source of vitamins C and K, manganese, and fiber. They are also high in antioxidants and have been shown to be heart healthy and help prevent cancer.

Throw some blueberries in your salad, add some to your bowl of cereal or yogurt, or simply eat them by the handful for dessert. Adding blueberries to breads and muffins is a great way to add a punch of flavor, color and nutrients to your favorite grains.

Try the recipe below for a healthful, fulfilling version of blueberry muffins.

Blueberry Banana Muffins

**Ingredients:**
- 1 1/2 cups all purpose flour
- 1/2 cup sugar
- 1/4 cup oat bran
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup mashed ripe bananas (about 3)
- 1/2 cup unflavored soy milk
- 1 large egg
- 2 teaspoons fresh lemon juice
- 1 1/2 cups fresh blueberries or 1 1/2 cups frozen blueberries, thawed (6 to 7 ounces)

**Instructions:**
Preheat oven to 400°F. Line 12 muffin cups with paper liners.
Combine flour, sugar, oat bran, baking powder, and salt in medium bowl; whisk to blend.
Place mashed bananas in large bowl. Stir in soy milk, egg, oil, and lemon juice. Mix in dry ingredients, then blueberries.
Divide batter among muffin papers. Bake muffins until tester inserted into center comes out clean, about 20 minutes. Turn muffins out onto rack and cool 10 minutes. Serve warm or at room temperature.

* You can replace soy milk with diary milk if desired.
Spicing Up Delicious Foods: Local Business Owner Partners with KANC

By Katie Boeder, College of Applied Human Sciences

The smell of the spicy coconut lentil soup, simmering comfortably on the stove, was enough to get mouths watering. Pair that with delicious wine, beer, and the smells of the rest of the meal, and it was hard to sit patiently and wait for the class to begin.

This event marked the first ever alumni and donor cooking class at the Kendall Anderson Nutrition Center at Colorado State University. It was sponsored by alumna and partner, Dr. Susan Kirkpatrick, of the Savory Spice Shop in Fort Collins.

Naturally, the wonderful smells drafting from the kitchen were a direct result of the wide variety of spices that Dr. Kirkpatrick provided from her store. Ground Cumin, Saigon Cinnamon, and Ancho Chili Pepper called the guests to their seats. Filled to capacity, a mix of 23 cooking experts and hopefuls made this inaugural class a sell-out.

The cooking class was designed to expose alumni and donors to the important research, outreach, and hands-on learning opportunities within the Kendall Anderson Nutrition Center, while also educating participants on how the use of spices can provide positive benefits for one’s diet and overall well-being.

Taught by the “culinary spice girls”, as they jokingly referred to themselves, the menu consisted of Spicy Coconut Lentil Soup, Cinnamon and Chili Encrusted Steak, and a Ginger Pear Crumble. Jessica Visinsky, Anna D’Hooge, and Courtenay Smith demonstrated proper techniques for making the dishes, while also dropping in helpful bits of nutritional information and recommendations.

“The class met all of my expectations. The Kendall Anderson Nutrition Center received some well-deserved attention for the great work that they are doing,” said Dr. Kirkpatrick. “My spice shop is a business, but it is also a labor of love to encourage good nutrition and healthy families.” Participants got to take home a copy of the recipes and a sample set of the spices used in the steak recipe.

Dr. Melissa Wdowik, director of KANC, closed the show with an overview of the services and programs offered at the KANC and specifically how the center has grown because of the generous support of donors and industry partners like Dr. Kirkpatrick. “We value the support of our industry and alumni tremendously. It has allowed us to build an incredible learning facility, which is uniquely ours,” explains Wdowik. “Because of this support, our students are prepared to hit the ground running when they graduate and are able to have great careers helping to build healthy communities and healthy families.”