Staying Hydrated as the Temperatures Rise

By Mikala Henzlik

Drinking water is critical because it is involved in nearly every activity in your body, including protecting your organs and tissues, carrying nutrients to your cells, and regulating your body temperature. As we move into the hot summer months, it is important to make sure you are giving your body enough water to keep it functioning at its best.

How much water is enough?

Aim for 8 cups (64 ounces, 2 liters) of water per day as a starting point. Many people need more than 2 liters/day (fluid needs vary person to person). During hot weather you will need to increase your fluid intake, regardless of your activity level.

Your level of thirst is not always the best indicator of your hydration status. One of the easiest ways to know if you are meeting your fluid needs is by assessing the color of your urine. Pale yellow urine indicates you are well-hydrated. Honey-colored urine indicates you are dehydrated. Check out the chart above to know what colors to look for. Dehydration can be very dangerous. Other signs of dehydration include: dry mouth, tiredness, dizziness, confusion, muscle cramps, decreased urine output, dry skin, or extreme thirst.
Tips for Staying Hydrated

There are many types of drinks to choose from to meet your fluid needs; some options are better than others.

Drink more of these:

- Water
- Fruit flavored water
- Unsweetened tea
- Reduced fat milk

And limit these:

- Alcohol
- Soda
- Energy drinks
- Sweetened teas and coffee
- Fruit juice with added sugar

Benefits of being well-hydrated

- Better energy and endurance
- Improved digestion and less constipation
- Reduced risk of kidney stones and bladder infections
- Improved healing time
- Less headaches

Hydrating Foods:

Include more hydrating foods in your day! Some examples of hydrating foods with a water content of 90% or greater:

- Tomatoes
- Cucumbers
- Peppers
- Lettuce
- Watermelon
- Spinach
- Broccoli
- Cantaloupe
- Celery
- Cabbage
- Strawberries
- Grapefruit
- Baby carrots
- Zucchini
- Squash
- Star Fruit
- Radishes
- Cauliflower

More tips:

- Add fruit, a splash of juice or extracts to water to enhance the taste
  - Berries, pineapple, orange slices
  - Mint, lavender, rosemary
- Drink from a cup that has a favorite design or message
- Set a reminder or alarm on your phone to remind you to reach for water
- Place a reminder at your desk or on your fridge
- Keep a reusable water bottle or mug in your common places: bedroom, desk, travel bag, breakroom
- Drink a full glass of water if you need to take a pill
- Download an app on your phone that helps you track your daily water intake (Plant Nanny, My Water Balance, Daily Water Tracker, and many more available on an app store!)
Southwestern Salad with Pomegranate-Lime Dressing

This super flavorful salad has a zesty Southwestern kick. You can plate it as a side dish or add some protein (black beans, grilled shrimp, salmon, or chicken) to make it an entrée salad.

Serving Size: 2 cups  
Yield: 4 servings

**Ingredients:**
- 1 lime, juiced
- ½ of a fresh pomegranate, juiced (about ¼ cup of pomegranate juice)
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ½ teaspoon garlic, minced (about 1 garlic clove)
- 1 teaspoon olive oil
- 6 cups leafy greens (arugula, spinach, mixed greens)
- 1 ½ cups jicama, peeled and julienned
- ½ cup red onion, sliced
- ½ cup avocado, diced
- 2 tablespoons cilantro, chopped
- ¼ cup pomegranate seeds
- ¼ cup toasted almonds, sliced or chopped

**Directions:**
1. To make pomegranate-lime dressing, combine lime juice, pomegranate juice, sugar, salt, cumin, garlic, and olive oil in a small bowl and whisk together. Set aside.
2. In a large bowl, add leafy greens, jicama, red onion, avocado, and cilantro. Pour pomegranate-lime dressing over salad and toss to combine.
3. Garnish with pomegranate seeds and toasted almonds.

**Nutrition Information / Amount per serving:**

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Upcoming KRNC Programs and Events

Registration now open! Diabetes Prevention Program

Learn the behaviors and information you need to stop prediabetes from becoming diabetes. Our successful year-long program includes a master's-level certified lifestyle coach, social support, weight loss support, comprehensive curriculum and fun hands-on activities. This program is now FREE for qualifying Anthem BCBS and UnitedHealthcare members. CSU classified employees, or non-Anthem subscribers can take the class for half price thanks to Commitment to Campus.

Class begins **Tuesday, August 21st 5:30-6:30**

Call to register (970) 495-5916.

Custom Nutrition Programs for Employee Wellness

Does your company/organization have a wellness program? KRNC has partnered with businesses in Northern Colorado for the past decade to deliver custom nutrition programs for groups, including cooking classes and demos, meal planning workshops, presentations, health risk assessment nutrition counseling and more. Call or email to find out how to leverage KRNC nutrition services to support your team’s health and wellness.

nutritioncenter@colostate.edu

Summer is here—take time for yourself to focus on food and health

For many, summer marks the season of slowing down, savoring long days and squeezing in vacation time. Take time for yourself this summer to focus on you so you can approach busy fall and holidays with a refreshed outlook and deeper connection to your health and wellness. If your weight or relationship with food has been holding you back, or if you’re dealing with challenges from a food-related condition, now is the time to prioritize yourself and take charge of your wellness. Our registered dietitian nutritionists are here to provide you with a personalized nutrition plan tailored to you and your goals.

To schedule an appointment call (970) 495-5916 or click here.

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