

Staying Hydrated is Vital During this Record Heat to Prevent Illness, so Consuming the Most Hydrating Foods and Beverages is Important

According to the Center for Disease Control and Prevention, daily fluid intake is defined as the amount of water consumed from drinking and eating.

When too much water is lost from the body, its organs, cells, and tissues fail to function. If dehydration is not corrected immediately, it may cause shock. The general recommendation is that women need 11.5 cups of fluid daily and men need 15.5 cups, says the Mayo Clinic.

But this amount varies for individuals on the go, athletes, and people exposed to high temperatures.

According to the Cleveland Clinic, when you are healthy and hydrated, your urine should fall somewhere between colorless and the color of light straw or honey. When you do not consume enough fluids, your urine becomes more concentrated and turns a darker yellow or amber color.

According to experts, drinking water is not the only way to get enough daily fluids.

These are some foods and drinks that are hydrating in the summer heat:

- Tea and coffee: Iced tea and coffee are excellent for summer hydration, do not overdo the espresso as this can have a diuretic effect and dehydrate the body.
- Water: Best for hydration is natural spring water (Chilling Rocks™) and for a healthy body, drink **10acity®** Hydrogen Infused 2.5 ppm Natural Spring Water (competitor hydrogen water products you have to drink 4 pouches to match one **10acity®** pouch benefits!).
- Milk: According to a study by McMaster University, milk is more hydrating than water or sports drinks due to its source of protein, carbohydrates, and electrolytes.
- Smoothies: With the yogurt and fresh fruit like berries whirled together, tasty smoothies can keep you hydrated for hours, make smoothies with hydrating vegetables such as cucumbers, lettuce, bell peppers, and celery.
- Fruits and vegetables: A registered dietitian with The Nutrition Twins, tells us that the food you eat can also help keep you hydrated in the summer heat. “Focus on getting ample fruits and vegetables because they contain as much as 95% water,” she says. “Lettuce, tomatoes, berries, cucumbers, grapefruit, oranges and melons are great options.” She warns not to eat directly before a workout in the heat because digestion requires blood and energy and diverts blood away from the muscles that will be working during exercise.

- Frozen fruit: Fill popsicle molds with a hydrating fruit like blended watermelon and freeze. You can also mix in strawberries and kiwi fruit for an attractive, cooling treat.
- Cold soup: Blend cucumbers, bell peppers, tomatoes, onions and garlic cloves for this satisfying soup, a version of the classic gazpacho.

The Marines learnt that when dehydrated if an electrolyte drink is not available, make your own rehydration solution using:

- ½ teaspoon of salt
- 6 teaspoons of sugar
- 1 liter of water

Be absolutely certain that you're using an accurate measurement. Using too much salt or sugar can be unhealthy!

