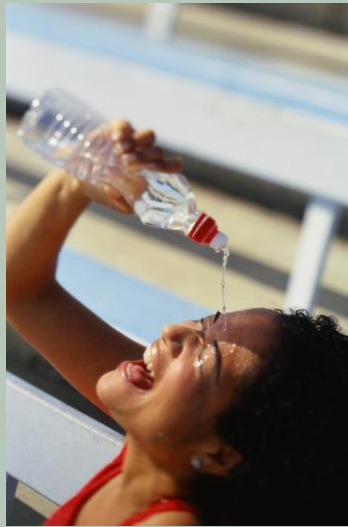


Nutrition Tidbits

Tips on Staying Hydrated and Cool (Re-run from July '08 Nutrition Tidbits)

- Purchase a high-quality water bottle that you can use all summer long. Keep it filled with water and with you to remind you to drink.
- Enjoy a variety of fresh fruit, as they contain high amounts of water
- Enjoy the occasional salty snack to replete sodium lost during long bouts in the sun
- Avoid dark, bulky or thick clothing in the summer months, as they cause your body to lose fluids through sweating
- Consider spray misters, cool damp cloths or even water sprays as a means to stay cool and decrease your body's need to sweat.
- Freeze fresh fruit such as banana. Roll the fruit in light yogurt, top with crushed cereal and freeze. Enjoy these tasty treats at outdoor parties or family get-togethers
- Keep a water station up in your yard for your family



Stay Hydrated

July of each year, PNT would like to emphasize the importance of staying hydrated by dedicating an entire newsletter discussing it. We recently partnered with a company called Cera Products, Incorporated. They are the manufacturers of what we believe is a great line of oral rehydration products. Whether you are an athlete, someone dealing with illness or just someone that spending long periods of time outdoors in the hot sun, Cera Products has a drink for you. Not every liquid rehydrates correctly. Water does not have the needed electrolytes; sugary or salty drinks (or foods) can make the problem worse. All Cera products replace fluid losses with a composition that is similar to what was lost. The difference between their products and some of the most common retail products is that their solutions are rice-based versus sucrose-based. Although they have yet to be sold in retail stores, you can order their products on their website. Try them out!

Hydration and YOU

It's summer! Anyone reading this article is hopefully reading this inside and knows that it is hot out there! Even if you are staying inside, you need to pay attention to your hydration status. For the majority of us, we can get adequate fluid for hydration by drinking water. But how much? Clinically, it is recommended that we have about 30 milliliters (ml) of fluid (water) for each kilogram of body weight. You can translate this into about one cup of water for each 18 pounds you weigh. If you weigh around 145 pounds, then you will need about 8 cups of water per day (or more exactly – $\sim 70 \text{ kg} \times 30 \text{ ml} = 2100 \text{ ml}$). Some recommendations are even higher. This amount works as an average but there are certain conditions to take into account which may require that you take in more fluid such as heavy exercise, pregnancy, breastfeeding, high altitude, dry climate, or very hot weather. If one is sick with fever or diarrhea, fluids will need to be replaced to account for that lost due to illness.

In most cases water, yes water, can meet your needs. About 20% of the

fluid we need each day comes from food so in reality, you need to drink about 5 and $\frac{1}{2}$ cups of fluid per day. For example, low-fat milk, herbal teas, 100% fruit juices and even soft drinks can contribute to your fluid intake over the day however remember that sugar sweetened soft drinks and fruit juice add calories.

We are about 70% water – without adequate hydration anytime during the year but especially during the hottest part of the year, it is important to stay hydrated. Keep a water bottle handy – Tap water is fine and you can choose a washable, refillable bottle. This way you know how much you are drinking. I don't recommend a huge water bottle – try a 16 ounce bottle – it makes it easier to reach your goals over time. Remember that thirst is not a good indicator for fluid needs. It is important to have your reminders to drink, such as counting your water bottles. Also what goes in, should come out so adequate input and output is important to be aware of as well. For strenuous activity in the hot summer sun greater than one hour, consider an oral rehydration product (see page 2).



Angela Lemond, RD, CSP, LD
Nutrition Therapist & Editor
Professional Nutrition Therapists

ORAL REHYDRATION FOR SPECIAL CIRCUMSTANCES

Rehydration During Illness

Dehydration remains a significant problem in the United States, especially for people who are suffering from illnesses that cause fluid losses. Oral Rehydration Therapy is an effective, inexpensive and simple-to-use treatment for patients suffering from dehydration. The administration of oral rehydration solutions (ORS) can improve the health and well-being of individuals suffering from diarrhea, vomiting and other conditions that lead to dehydration. When choosing an ORS product, the rice-based **CeraLyte ORS** proves to be superior compared to others on the market due to its mixed chain carbohydrate base with low osmolarity, which promotes better absorption.

When an individual is suffering from dehydration due to diarrhea and/or vomiting, that individual is losing water, essential nutrients and electrolytes. These nutrients must be replaced in order to correct dehydration and regain normal health. **CeraLyte's** formulation shortens the duration of diarrhea and rehydrates by delivering optimal amounts of essential nutrients and electrolytes. **CeraLyte ORS** is a fat-free, salicylate-free and gluten-free product. For individuals suffering from a chronic disease that is leading to mild, moderate or severe dehydration, consider **CeraLyte ORS** to prevent and correct dehydration.

For more information, please visit www.ceraproductsinc.com



Hydration During High Physical Activity

Factors that influence the amount of fluid an individual needs before, during and after physical activity can be broken down into two major categories: physiological and environmental. Physiological factors include, but are not limited to, height, weight, body composition, genetic predisposition and metabolic rate, along with level of conditioning and current hydration status. Environmental factors include exercise intensity and duration, environmental conditions, equipment, clothing worn and acclimation.

All of these factors combined determine an individual's sweat rate and electrolyte loss during activity. The amount an individual sweats during activity determines their fluid needs. The purpose of rehydrating is to replace exactly what has been lost in amount and composition. During physical activity, participants burn calories for energy, and lose fluid and electrolytes through sweat. To maintain proper hydration, prevent fatigue and attain optimal performance, it is important for physically active individuals to replace the nutrients that they have lost through exertion and sweat.

CeraSport rice-based Oral Rehydration drinks were scientifically developed along with physicians at Johns Hopkins University to help maintain proper hydration throughout activity, and to avert typical problems (including cramping and nausea) that are caused by some mass marketed sports drinks. Many of these mass-marketed drinks are too sugary, and some "all-natural coconut waters" may not have the appropriate composition for sweat replacement. Some of these products are not scientifically proven as effective and may not be safe. It is important for people to know what is in the products they are consuming. We recommend looking at the labels for sugar content, and, if there is a question about what to drink or eat for optimal nutrition, to contact their registered dietitian, physician, or other healthcare professional.

For more information on **CeraSport**, please visit www.ceraproductsinc.com

Watermelon Pops

Ingredients:

- 4 cups watermelon cubes
- 4 (7 ounce) paper cups
- 4 popsicle sticks

Instructions:

Remove black seeds from watermelon cubes and puree in blender. Pour into paper cups. Place sticks in cups and freeze until firm. To eat, tear paper cup from the frozen pop.

Servings:

Makes 4 pops.



Source: National Watermelon Promotion Board