

Family Nutrition Newsletter

July 2022



Healthy Hydration

As kids are active and playing outside in this intense summer heat, they need plenty of healthy fluids to avoid becoming **dehydrated**. Dehydration can lead to tiredness, crankiness, and constipation.

Plain water is the best choice to keep kids hydrated, but can sometimes be a challenge getting them to drink it. This is especially hard if they have a sweet tooth and prefer drinks like soda, lemonade, and punch.

Here are a few ways to make water a little more fun plus some other great choices to keep kids hydrated:





FLAVOR WATER WITH FRUIT OR VEGETABLES

Adding berries, cucumber, lemons, or lime to water is a fantastic, low sugar way to add delicious flavor to water. Help your child be more engaged by allowing them to pick what flavor they would like and let them add the ingredients to the water.

GIVE UNSWEETENED COCONUT WATER A TRY

Unsweetened coconut water contains vitamins and electrolytes that will help keep children hydrated after playing outside in the heat. Be sure to double check the food label to avoid any added sugars.



CHOOSE PLAIN MILK

Cow's milk has many bone building vitamins and minerals along with a good amount of protein - making it an excellent choice for children! Unsweetened plant based milk can also be a great choice.

EAT WATER-FILLED FRUITS AND VEGETABLES

Many fruits and vegetables naturally contain water that counts toward your fluid needs. Some examples include watermelon, cantaloupe, grapes, blueberries, cucumber, tomatoes, lettuce, peaches, celery, oranges, and plums.

