

QUENCHERS

Hints for keeping happy, healthy, HOT kids hydrated!

Summer has arrived! As the kids explode out of doors, make sure they are prepared for the heat. **Drink WATER!** Water is a vital ingredient for keeping body temperature in check. Water lost as sweat needs to be replaced to avoid dehydration. Make sure that kids are drinking **BEFORE** they get thirsty! Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Watch kids closely for signs of dehydration, including fatigue, dry lips and tongue, low energy, grayish skin, and lack of tears. Children's body temperature rises faster than adults, so it is essential that they get plenty of fluids to keep them cool—especially when it's hot and humid!

What you can do to keep kids hydrated

- Make sure that kids drink fluids at every meal and snack time throughout the day, and during every period of physical activity.
- During physical activity (and *especially* on hot days), make sure that kids drink frequently, even if they are not thirsty. **Every 20 minutes**, give younger kids 5 ounces of cold water (about the size of a small juice box—or 10 gulps), and give teens about 9 ounces.
- **Offer cold water** – it's absorbed faster! Avoid sugar-sweetened drinks – these are absorbed more slowly.

Choose wisely to really beat the heat!

Cold Water!

Water flavored with fruit slices or frozen fruit
juice ice cubes

Sodium-Free Seltzer

Diluted 100% Juice (4 oz water and 4 oz juice)
Juice Spritzers (juice and seltzer water)

Why not juice, soda or sports drinks?

Because they often contain sugar, caffeine, and artificial sweeteners. Also, high-sugar drinks are the number one source of added sugar in children's diets. Drinking too many high sugar drinks contributes to overweight in children and adults alike. More facts to consider...

- Drinks high in sugar (including fruit sugars naturally present in 100% juice) slow down fluid absorption by the body.
- Caffeine is a stimulant, and high doses in children can lead to rapid heart beat, headaches, upset stomach and disturbed sleep. Kids can easily get too much caffeine by consuming several servings (or "super-sized portions") of caffeine-containing drinks.
- Artificial sweeteners condition kids to expect "sweetness" in drinks and foods. Since their long-term safety is not fully understood, it is best to avoid them.
- Sports drinks are helpful only for highly intense activity that lasts longer than 1 hour, when the ability to keep going is required for competition. In normal play, stopping for a healthy snack and cold drink is a better way to refuel the body.

Keep kids energized with snacks

Growing kids, even teens, need a mid-morning and mid-afternoon snack to maintain their energy. This is especially true when they play outdoor games. A 15 minute rest in the shade for a healthy snack and cold drink is essential on hot days. When kids spend a full 8 hour day away from home, they need at least one good meal and two snacks. **A snack or meal every two and a half hours is a good standard.** Try to serve snacks containing about 200 calories, and that have foods from two or more food groups (e.g. fruit and yogurt, or cheese and crackers).

DRINK SENSE TIPS

DO SELECT

WATER—as much as you want!

100% Juice—limit to 6 oz. per day (juice box size) for kids under 6 years old, and 12 oz. per day for kids over 6.

Sodium-Free Seltzer—as much as you want!

STEER CLEAR

Soda (pop)—regular or diet

Drinks with added sugar and/or artificial sweeteners*

Examples of products to avoid:

Fruit Punches

Fruitades (lemonade, etc.)

Juice drinks

Cranberry (and other juice) cocktails

Sweetened iced teas

Sports Drinks

Vitamin waters

SNACK SENSE TIPS

Create snacks that include choices from **at least two** of the following groups:

Fruits and Vegetables: frozen grapes, berries, or melon chunks; precut orange wedges; apples; pears; bananas; applesauce; pepper strips; carrot sticks or baby carrots; sliced cucumbers or squash; pea pods; green beans or jicama sticks. *A quick ranch dressing or plain yogurt and honey dipping sauce make it fun!*

Proteins: Peanut or other nut butters; hummus or chick peas; cheese; yogurt; hard boiled eggs; tuna fish (the new pouch preparation is great!); a handful of unsalted nuts (peanuts, cashews, walnuts or almonds); soybeans (edamame) with or without the pods (*find them in the frozen foods aisle; simply defrost and eat!*).

Whole Grains: whole wheat pita or flatbread; whole wheat or graham crackers; RyVita crisps; whole wheat toaster waffles; trail mix or granola; oat bran mini muffins; fig bars; or dry whole-grain cereal.

A note about trans fats: Many snack foods tend to be high in unhealthy trans fats, especially crackers and grain-based products. Purchase products that have no “partially hydrogenated oils” or “shortening” present in the ingredient list. Products labeled “Zero Trans Fats” may have up to .5 g of trans fats per serving, so a quick label check helps to avoid these unhealthy fats.
