



here's the scoop

Hydration Tips for Children

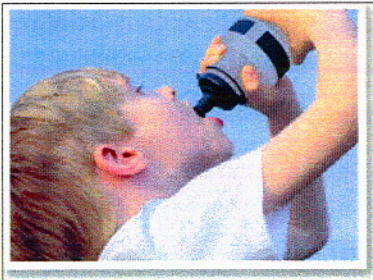
Keeping children properly hydrated during the summer months is very important to their overall health. Research has shown that 70% of pre-school children drink no water at all during the day which may cause dehydration and exhaustion.

6 - 8 a Day

Children and adults should drink at least 6 to 8 glasses of water per day, because children can easily lose up to 2 or more quarts of fluid daily, and that is under normal activity. If they are involved in sports it could be much higher.

Every 15-20 Minutes

Children should take water breaks every 15 to 20 minutes while playing outside or participating in a sports activity. While riding their bike that should always carry water in the beverage holder. As soon as they are done with a rigorous activity they should drink at least 10-12 ounces of water.



Drink Smart

Squeeze out sugar-filled sodas and fruit drinks and replace with water instead. Most

sodas contain sugar and caffeine which may speed up dehydration. Don't drink surface water from lakes, rivers or pools. This water is often untreated and could contain harmful contaminants.

How to Encourage More Water:

Offer high water-volume foods. About 20 percent of daily fluid intake can come from fruits, such as watermelon, vegetables, like cucumber and milk and milk products, including yogurt.

Play water drinking games. Make fluid intake part of the fun outdoor activities; have the children count to eight while taking eight gulps of water.

Take a break. If your child plays on a sports team, ask the person in charge if there are opportunities for fluid breaks.

Sweeten it naturally. Add a squeeze of lemon or lime to a glass of water for a hint of flavor.



Fresh Produce of the Month



Watermelon Facts

Is actually a vegetable, related to the pumpkin.
Are high in fiber, Vitamin A and C and a good source of potassium.

