



## WIC Flash

A Nutrition Newsletter for WIC Participants  
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### How to Hydrate

Staying hydrated is important during the hot summer months. As a general rule adults should drink 64 ounces (8 cups) of water daily. Looking at the color of your urine first thing in the morning is a good way to make sure you're properly hydrated—if it is a light lemon color than you're likely getting enough water.

It is important to keep kids hydrated too, especially when they are playing sports or are outside for a long time. Kids don't sweat as much as adults, so it's harder for them to cool off. During games, kids can get distracted and ignore their thirst.

#### Keep Kids Hydrated

- Give at least 8 ounces before exercise
- Give 4 ounces (4 gulps) every 15-20 minutes
- Give enough to replace fluid loss from sweat (beginning weight-end weight)

#### Dehydration Warning Signs

- Thirst
- Flushed skin
- Fatigue
- Increased body temperature
- Fast breathing and heart rate
- Increased effort
- Decreased ability to exercise



Unless you are exercising at moderate to high intensity for more than an hour, you do not need sports drinks to stay hydrated.

Water is the best way to quench thirst without adding extra calories. If you or your child doesn't like the taste of water, try adding a squeeze of lemon or lime, or slicing up strawberries or cucumbers to add fresh flavor. Kids may be more willing to drink water if they get to pick out a special cup or water bottle.



### Primary (Baby) Teeth Are Important

They help children:

- Chew food
- With speech development
- Hold space for adult teeth
- Development of facial structure
- Positive self-esteem
- Overall health

Healthy Teeth Tips:

- Brush 2x day for 2 minutes
- Eat healthy meals and snacks
- Limit sugar



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## Adding Color to Your Meals

Some of the best fruits and vegetables are in season during the summer months. Produce that is in season is less expensive and more flavorful. This makes summer a great time to eat more color from fruits and vegetables.



### Recipe: Avocado Strawberry Caprese

Seasonal tomatoes and strawberries take center stage in this simple and fresh salad.

#### Ingredients

- 1/3 c balsamic vinegar
- 1 c sliced strawberries
- 1 c halved cherry tomatoes
- 1 med avocado, diced
- 1/3 c basil leaves, chiffonade cut
- 2 tsp olive oil

#### Directions

1. Reduce the balsamic vinegar by simmering on medium-low for 6-10 minutes. It will thicken slightly when done.
2. Add the cut veggies to a bowl and toss with olive oil.
3. Once the balsamic reduction has cooled, drizzle over vegetables.
4. Serve immediately, may top with toasted nuts if desired.

Fruits and vegetables contain special nutrients that are called phytonutrients that help our bodies in several ways. These nutrients improve heart health, prevent cancer, and help our immune systems so we do not get sick as often. Phytonutrients are found in the colors of fruits and vegetables. To improve our overall health, it is important to eat as many colorful fruits and vegetables as possible.

Adding color to your meals can be done in many ways. You can add a new vegetable to a favorite dish and snack on fruit.

Make it a goal to try to get as many colors into your meals as possible. Here are some ideas:

- Add peppers to a pasta dish
- Put veggies in an omelet
- Enjoy a fresh, colorful salad
- Put some berries your cereal
- Add fruit to yogurt

With practice it can be fun and easy to add produce to your meals. By eating more fruits and vegetables, you can be more healthy and have the energy you need to enjoy the summer months.

