

SUMMER SAFETY AND HYDRATION

Health Tips for Summer



20 FOODS HIGH IN ELECTROLYTES TO SUPPORT HYDRATION

Helping regulate nerve and muscle function

SIGNS AND SYMPTOMS OF DEHYDRATION

When to seek medical attention

8 HEALTH BENEFITS OF COCONUT WATER

Drinking coconut water may have benefits for exercise performance, blood pressure, kidney stone prevention, and more

PREVENTING HEAT PROBLEMS

The best ways to keep from getting too hot

9 REFRESHING SUMMER SNACKS

That are surprisingly good for weight loss



ELECTROLYTE

- Na (Sodium)
- K (Potassium)
- CL (Chloride)
- Co₂ (Total Co₂)
- Ca (Calcium)
- Phosphorus

20 Foods High in Electrolytes to Support Hydration

Electrolytes are minerals that carry an electric charge and are found in blood, urine, tissues, and other body fluids. The primary electrolytes—sodium, potassium, calcium, and magnesium—play a vital role in regulating nerve and muscle function, maintaining pH balance, keeping the body hydrated, and supporting tissue repair. ¹

Staying hydrated by drinking water, eating a balanced diet, and consuming electrolyte-rich beverages (such as sports drinks) can help maintain proper electrolyte balance.

¹ Millard-Stafford M, Snow TK, Jones ML, Suh H. The beverage hydration index: Influence of electrolytes, carbohydrate and protein. *Nutrients*.

Foods Rich in Electrolytes

1. Bananas

Bananas are a source of electrolytes. They are especially rich in potassium, an electrolyte that helps regulate heart function and blood pressure. Adding bananas to your diet can support overall health. They ensure a steady and balanced supply of these crucial nutrients.

2. Avocados

Avocados are a good natural source of electrolytes. They are particularly high in potassium—even surpassing bananas in their potassium content—and magnesium. Avocados also contribute healthy fats to your diet. Healthy fats are essential for the absorption of fat-soluble vitamins and provide slow-burning fuel for your body.⁴

3. Sweet Potatoes

Sweet potatoes are not only delicious but also offer a significant amount of essential electrolytes. They are a rich source of potassium, which regulates heart function and blood pressure. Sweet potatoes also provide an impressive amount of magnesium, aiding muscle and nerve function, blood glucose control, and blood pressure regulation.

4. Spinach and Kale

Spinach and kale are natural sources of electrolytes. Spinach is a source of potassium and magnesium. Its mild flavor makes it a versatile addition to a wide range of dishes. Kale offers significant amounts of calcium and potassium. Calcium is a mineral that supports strong bones and teeth.





5. Beans and Lentils

Beans and lentils are another source of essential electrolytes, particularly potassium and magnesium. The high fiber content in beans and lentils can enhance digestion and contribute to overall gut health.

6. Pistachios

Pistachios are a noteworthy source of natural electrolytes, especially potassium and magnesium. They are also rich in antioxidants and healthy fats and are a complete plant-based protein, which makes them a multifaceted addition to a nutritionally balanced diet.

7. Oranges

Oranges are rich in potassium and calcium. These bright citrus fruits are renowned for their high vitamin C content, but their electrolyte content makes them a great choice for maintaining hydration. Including oranges in your diet, whether you consume them directly or as fresh juice, can significantly enhance your intake of vital electrolytes.

8. Yogurt

Yogurt is another food naturally high in electrolytes, such as calcium, potassium, magnesium, and phosphorus. Phosphorus supports bone health and aids in energy production. You can enjoy yogurt as a snack or as a part of your breakfast. Just be sure to opt for choices that are lower in added sugar and add some sweetness with fresh fruit instead.

9. Strawberries

Strawberries, often known for their delightful taste and rich antioxidant content, also serve as a source of natural electrolytes. This bright red fruit is a source of potassium and magnesium.



10. Bone Broth

Bone broth is a nutrient-dense liquid made from simmering bones of chicken, beef, or fish. It's full of minerals such as calcium, magnesium, phosphorus, and potassium. The collagen present in bone broth may support joint health and skin hydration. Keep in mind that the collagen in bone broth is not hydrolyzed, meaning it's hard to digest it.

11. Coconut Water

Coconut water, the clear fluid found within the hollow of a young, green coconut, is often touted as "nature's sports drink." It has an impressive electrolyte composition, which includes potassium, magnesium, sodium, and calcium.

12. Milk

Milk, often considered a staple in many diets, is another natural source of electrolytes. Cow's milk is abundant in calcium, potassium, and magnesium. It also contains sodium, which aids in nerve function and fluid balance. Not only does milk offer these vital nutrients, but it also provides a source of protein, which makes it beneficial for post-exercise muscle recovery and growth.

13. Watermelon

Watermelon is not just refreshing and delicious, but it's also a natural source of potassium, magnesium, and a small amount of sodium. It's rich in vitamins A and C and contains an antioxidant called lycopene, which may support heart health. Whether you enjoy it as a juicy slice, in a salad, or as a chilled beverage, watermelon can replenish electrolytes, especially in the hot summer months.

14. Pickles

The pickling process, or soaking vegetables like cucumbers in a solution of salt and vinegar, results in a product rich in sodium. Pickles can also contain potassium and magnesium, depending on the specific type and preparation. They are a low-calorie and flavorful option for those looking to replenish electrolytes. Keep in mind that their high sodium content might not be suitable for people on a low-sodium diet.



15. Tomatoes

Tomatoes are a potent source of potassium. They also contain a fair amount of magnesium and a small amount of sodium. Tomatoes are also packed with antioxidants like lycopene, known for its heart health benefits, and vitamins like A, C, and E. Whether you consume them raw in salads, cooked in meals, or as a juice, tomatoes are a tasty way to restore electrolytes.

16. Potatoes

Often considered comfort food, potatoes are high in potassium and with a modest amount of magnesium. Be mindful of the method of preparation of your potatoes. Deep-frying or loading them with high-fat toppings can significantly increase the calories and fat content. Potatoes can serve as a nourishing, satisfying, and electrolyte-containing choice as part of a balanced diet.

17. Prunes

Prunes, or dried plums, are notably high in potassium. They also contain magnesium and a small amount of sodium. Alongside their electrolyte content, prunes have been linked to improved bone health, particularly among postmenopausal people.

18. Chocolate Milk

Chocolate milk combines the benefits of milk, sugar, and cocoa to provide a balanced blend of fluid, carbohydrates, and electrolytes like sodium and potassium. These nutrients make it an ideal recovery drink after strenuous physical activity. The sugar content replenishes your body's glycogen storage. It's important to consume it in moderation due to its sugar content.

19. Tofu

Tofu, a product made from soybeans, is a source of calcium and magnesium. Apart from its electrolyte content, tofu stands out for its plant-based protein. Tofu also provides a host of other nutrients, such as iron, manganese, and selenium.

20. Beets

Beets are particularly rich in potassium. They are known for their high antioxidant properties, fiber, and compounds that may help lower blood pressure. Incorporating beets into your diet can contribute to maintaining electrolyte balance and support overall health.

SIGNS AND SYMPTOMS OF DEHYDRATION

Dehydration occurs when your body loses more water than it takes in, preventing it from functioning properly. Common causes include sweating, diarrhea, and vomiting, all of which can quickly deplete fluid levels.

Early signs of dehydration may include thirst, dry mouth, and fatigue. As it worsens, symptoms can become more serious. Recognizing these signs early is essential to ensure you or a loved one receives the necessary fluids to stay safe and healthy.

While dehydration is uncommon among adults without any underlying health condition and who have access to water, anyone can become dehydrated. Dehydration is more likely among older adults, people who work or exercise in the heat, and those who have conditions or take medications that cause more sweat or urination.

Common Symptoms

- Thirst
- Fatigue
- Dry lips and skin
- Decreased urine output
- Dark-colored urine
- Headache
- Muscle cramps
- Lightheadedness, dizziness, or fainting
- Low blood pressure upon standing
- Palpitations



Moderate Symptoms

Signs you are mildly to moderately dehydrated include:

- Thirst
- Fatigue
- Dry mouth or tongue
- Decreased urine output or darker yellow urine
- Dry skin
- Headache
- Lightheadedness, dizziness, or fainting
- Inability to focus
- Muscle weakness or cramps
- Increased heart rate
- Quickened breathing



SIGNS AND SYMPTOMS OF DEHYDRATION

Research indicates that many people fail to recognize some of the less obvious signs of dehydration, such as difficulty concentrating or muscle weakness. As a result, they may not respond by increasing their fluid intake.

Another commonly overlooked symptom is rapid breathing. Not only can it signal dehydration, but it also contributes to fluid loss, as water leaves the body through respiration.

Being aware of all potential symptoms of dehydration, especially if you are at higher risk, can help prevent the condition from becoming severe. At the first signs of dehydration, drinking fluids is typically sufficient to correct mild cases.

Severe Dehydration Symptoms

- **Parched mouth**
- **Dry, cracked lips**
- **Low blood pressure**
- **Lethargy**
- **Reduced alertness**
- **Lack of urination or urine that is very dark yellow or amber in color**
- **Very dry skin that doesn't spring back quickly when pinched up (tenting skin)**
- **Sunken eyes**
- **Confusion or loss of consciousness**

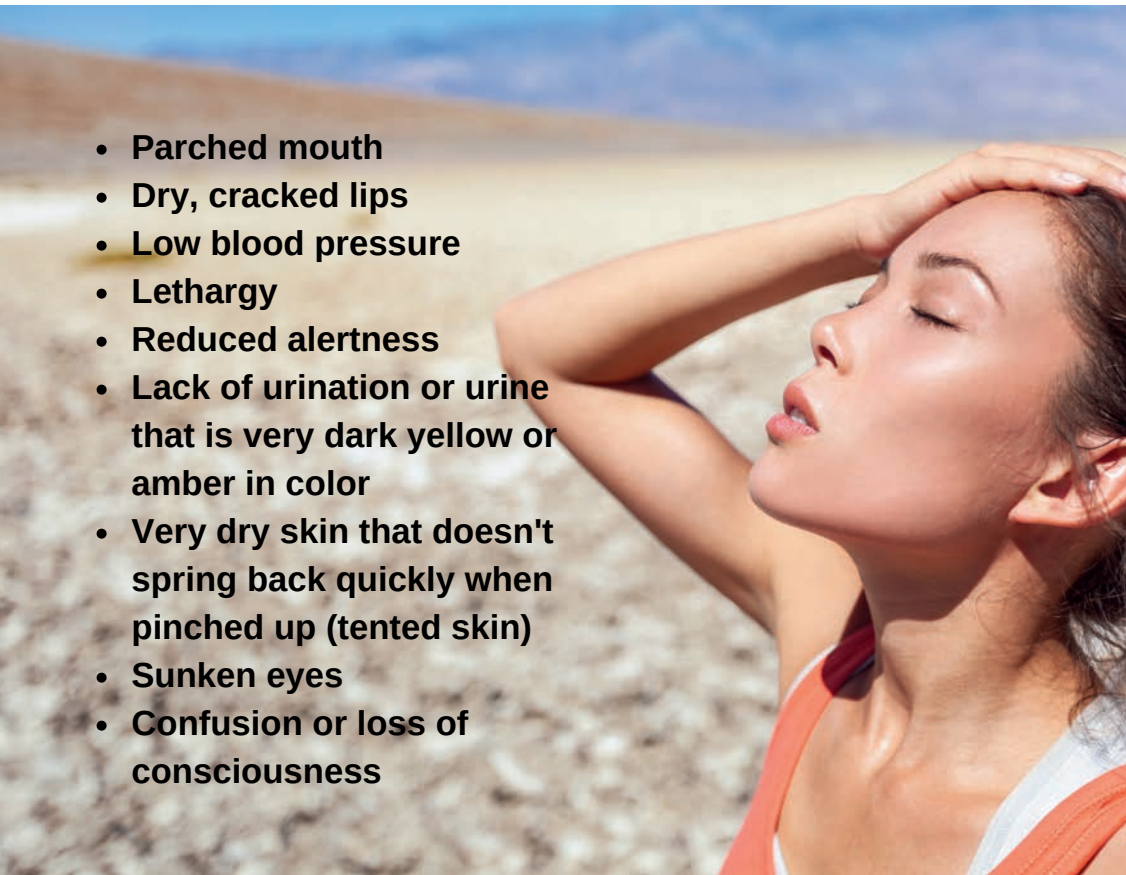
Without treatment, severe dehydration can lead to permanent brain damage, seizure, or death.

Call for medical help immediately if you see someone experiencing or you yourself are experiencing any of these symptoms:³

- Confusion
- Fainting
- No urination
- Fast heart rate
- Fast breathing

Also get immediate medical help if you or a loved one is experiencing signs of shock, such as:

- Low blood pressure
- Loss of consciousness
- Cold, clammy extremities
- Pale or bluish skin and nails



8 Health Benefits of coconut water

A Natural Way to Hydrate

Coconut water is the clear liquid found inside young, green coconuts. As coconuts mature, some of this water turns into the soft white coconut meat.

Coconut water contains electrolytes, which are minerals that help your body stay hydrated. It also has antioxidants that can help protect your cells. Drinking coconut water may offer several health benefits:



- Helps with hydration, especially after sweating or exercise
- May support healthy blood pressure
- Could help with blood sugar balance
- May support bone health

Coconut water can be enjoyed on its own or added to smoothies.

Important: Coconut water isn't right for everyone. People with kidney problems, those taking certain medications, or anyone on a restricted-potassium diet should check with their doctor before drinking it regularly.



1. Provides Hydration

Like most fluids, coconut water can contribute to your daily hydration needs. Coconut water is essentially water with added carbohydrates and electrolytes like sodium, potassium, magnesium, and chloride. Electrolytes are electrically charged minerals that maintain fluid balance in your body. They also help maintain your body's pH balance, blood pressure, and heart rate.

2. May Support Exercise Performance

Drinking coconut water before or after exercise may be more beneficial for exercise performance than water or sports drinks. Coconut water is naturally sweet and offers a higher-quality source of carbohydrates than sugar-sweetened sodas and energy drinks.

3. May Help Muscle Recovery

Coconut water may aid muscle recovery because of its electrolyte content. A balance of electrolytes is essential for nerve and muscle function. When you lose electrolytes like calcium and potassium through sweating, your muscles may not be able to contract properly.



4. May Help Lower Blood Pressure

Drinking coconut water may help manage blood pressure. The beverage is rich in potassium, a key mineral lacking in many diets. Potassium can lower blood pressure levels. It removes excess sodium from your body and reduces the force pressing against blood vessel walls.

5. May Help Prevent Kidney Stones

Foods and drinks rich in potassium, like coconut water, may lower the risk of kidney stones. Potassium prevents the body from releasing too much calcium in the urine. Two large-scale observational studies found that people who consumed the most potassium had a 35-51% lower risk of kidney stones compared to those with the least.

6. May Lower Blood Sugar in People with Diabetes

Research is limited, but some evidence suggests that coconut water may lower blood sugar in people with diabetes. One animal study found that coconut water helped reduce blood sugar levels and protect against eye damage in diabetic rats compared to healthy rats. Uncontrolled high blood sugar can damage the retina, or the part of your eye that converts light into signals sent to your brain.

7. Rich in Antioxidants

Coconut water has been shown to contain high levels of antioxidants. Antioxidants help counter oxidative stress caused by free radicals, which are unstable atoms. Oxidative stress causes aging and can increase the risk of disease.

8. Supports Bone Health

Coconut water is a rich source of calcium, with 16.8 milligrams per 8 fluid ounces. Calcium is an essential mineral that helps build and strengthen bone health. Your bones can become weak if you do not get enough calcium.

Weak bones are the main characteristic of osteoporosis, which is a bone disease that increases your risk of fractures.





Preventing Heat Problems

The best ways to keep from getting too hot are pretty obvious: keep your environment cool and stay inside when the temperature is too high for comfort. However, those techniques aren't always possible and could keep you from doing a lot of things you enjoy.

For those times when you can't avoid the heat, keeping yourself cool takes some forethought and preparation. Some good ways include:

- Sticking to cold food and drinks
- Using an umbrella for shade
- Wearing a visor instead of a hat (so your body heat can dissipate through your head instead of being trapped there)
- Wearing loose-fitting clothes made of breathable fabrics
- Avoiding hot baths or showers, or rinsing with cool water before getting out
- Avoiding hair-styling products that use heat, such as blow dryers or flat irons

Some people with these conditions find that showers are a bad idea, due to the heat and several other factors.

You probably have to limit your activity levels anyway due to your illness, but take special care to limit how active you are in a warm environment

COOLING OFF:

- **Carrying a cooler with ice, ice packs, and cold drinks**
- **Running cold water over your hands and/or splashing it on your face**
- **Keeping cooling products on hand**
- **Wearing sandals or slip-on shoes that don't require socks**

9 Refreshing Summer Snacks

Summer is the ideal time to create snacks that are not only healthy but are satisfying and refreshing.

Choosing snacks with key nutrients like protein and fiber can help you stay fuller longer, give you the energy you need to enjoy long summer days and nights, and support your health goals all season long

If you're looking for something delicious, yet healthy and easy to make, these simple snack ideas can help you stay on track while making the most out of your summer.



1. WATERMELON AND FETA SALAD

Mixing sweet, hydrating watermelon with salty, high-protein feta creates the perfect summer snack

Why It Supports Weight Loss: Watermelon is more than 90% water, which makes it a smart choice for staying hydrated on hot summer days. It's also a good source of antioxidants such as vitamin C, lycopene, and beta-carotene.



2. CHICKEN SALAD CUCUMBER ROUNDS

Like watermelon, cucumbers are high in water, containing over 95% water by weight, making them a hydrating choice for summertime snacking. Chicken packs 26 grams of protein per 4-ounce serving and is also high in essential nutrients like B vitamins, zinc, and selenium.

3. HIGH-PROTEIN WILD BLUEBERRY SMOOTHIE

Frozen wild blueberries are an excellent source of fiber and powerful antioxidants, like vitamin C and anthocyanins. Combine frozen wild blueberries with whey protein powder, which packs 25 grams of filling protein per 28-gram scoop, and a liquid of your choice to make a quick, yet satisfying snack.



4. COTTAGE CHEESE ICE CREAM

Cottage cheese is creamy, delicious, and can be used to create a high-protein, lower-calorie ice cream that can be enjoyed as a cooling and nutritious dessert.

To make cottage cheese ice cream, blend 2 cups of cottage cheese with 2 tablespoons of sweetener, like maple syrup or honey, and mix-ins of your choice, like fresh fruit or peanut butter, in a high-speed blender or food processor. When the mixture is smooth, pour it into a glass storage container and freeze until it's reached a firm but creamy consistency.

5. GREEK YOGURT AND BERRY PARFAIT

Greek yogurt contains around twice the amount of protein found in regular yogurt, making it a perfect option for people who want an extra-filling snack. An 8-ounce serving of Greek yogurt provides 22.7 grams of protein, while the same serving of regular yogurt contains just 11.9 grams.

6. AVOCADO EGG SALAD

Eggs are versatile and high in essential nutrients like protein and healthy fats. Additionally, avocados are in peak season from June through August. Avocados are high in fiber, with a 201-gram avocado packing 13.5 grams, which covers 48% of your daily fiber needs. Fiber slows digestion, helping you feel full after eating, which can support weight loss. Avocados are also high in magnesium, a nutrient that's essential for healthy blood pressure and blood sugar regulation.

Serving Tip: For a tasty avocado egg salad, mix a mashed avocado and a tablespoon of mayonnaise into four chopped, hard-boiled eggs. Add in chopped herbs, red onion, and a squeeze of lemon for extra flavor and nutrition.



7. TOMATO AND MOZZARELLA SKEWERS

Summer is peak tomato season. Tomatoes are high in the carotenoid compound lycopene, which has anti-inflammatory and antioxidant activity and has been shown to protect the skin against sun damage. Pairing bite-sized cherry tomatoes with a source of protein and fat, like mozzarella, creates a satisfying, salty combo that's a hit. Add fresh basil to your skewers for extra flavor and antioxidant benefits.

8. BLACKBERRY CHIA PUDDING

Chia seeds are packed with fiber, providing 9.75 grams of fiber per ounce. To make chia pudding, mix half a cup of unsweetened milk with two tablespoons of chia seeds and a sweetener, like monk fruit or maple syrup. Shake the mixture to combine, then let it set in the refrigerator until it's firm and creamy. Top your chia pudding with fresh blackberries.



9. MEDITERRANEAN TUNA SALAD

Why It's Great For Summer: Canned tuna is portable and shelf-stable, making it an excellent ingredient to create simple and affordable snacks.

Why It Supports Weight Loss: Tuna is a rich source of protein, with one 172-gram can containing 40.6 grams of protein. It's also high in anti-inflammatory omega-3 fats, and vitamin D, B12, vitamin E, selenium, and magnesium.

Serving Tip: Make a Mediterranean tuna salad by mixing canned tuna with chickpeas, chopped tomatoes, diced cucumbers, and parsley. Top your tuna salad with a drizzle of olive oil and red wine vinegar, a squeeze of lemon juice, and a sprinkle of feta cheese.



Fueling your body with refreshing, satisfying snacks can keep you healthy and on track with your summertime weight loss goals.

Live Well with Diabetes



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