

Staying Hydrated during Hot Weather

As we are entering into the warmer months, it is important to remember to stay hydrated. Water is an essential nutrient that every cell, tissue, and organ of the body needs. Did you know that your bodies are made up of about 75% water? Some functions of water include:

- Transports nutrients, oxygen, and wastes
- Helps medication to work properly
- Keeps skin, eyes, and mouth moist
- Helps prevent constipation
- Helps temperature regulation in the body

Healthy adults of all ages need about six to eight glasses of water every day. However, be mindful that during hot, humid weather or strenuous activity, fluid loss may be much higher, so fluid intakes should be higher. There are also a variety of fruits and vegetables that contain high water content, such as watermelon, strawberries, cucumber, lettuce, and celery. So it is good to incorporate these types of foods into your daily diet, along with your water intake.

Dehydration is a major concern during the hot summer months. It is important to know the signs of dehydration and if you begin experiencing them, you should replace lost fluids immediately. However, if the symptoms persist, you should seek medical attention. Signs to watch for are:

- Thirst, dry mouth, flushed skin
- Fatigue
- Headache
- Dizziness, weakness
- High body temperature
- Increased breathing rate, rapid pulse
- Dark yellow urine
- Skin that stays in a pinched position

Adding flavor to water is a great way to make the taste more appealing and add variety to your beverages. Add any type of fruits or vegetables that you enjoy or try one of these recipes.

Green Apple, Cucumber & Mint Water

- 2 quarts water
- ½ green apple (like Granny Smith)
- 3 inch piece of cucumber

- Small handful mint leaves
- 1 large lemon or lime

1. Fill a large pitcher with the water. Thinly slice the apple and cucumber. The more thinly you slice them the more surface area there is to release flavor into the water. Add the slices to the water.
2. Remove the mint leaves from their stems and slightly crush or twist them to help them release their flavor. Add them to the water.
3. Let chill and steep in the refrigerator overnight. Serve with plenty of ice cubes. Strain out the fruit to serve or leave some pieces in it.

Berry - Lemon Water

- 8 cups of water
- 2 cups of raspberries
- 2 cups of blueberries
- 1 large lemon, sliced thinly

1. Place raspberries and strawberries into the bottom of your pitcher. Then layer the lemon slices on top. Pour water into it and place lid on top.
2. Place water into the refrigerator and let infuse for 1 hour. Remove the lemon slices and squeeze their juice into the infused berry lemon water.
3. Stir the water with a spoon, cover with a lid and put it back into the refrigerator overnight for the best flavor. You can leave the raspberries and blueberries in the infused water for up to 2 days before you need to strain them out of the water. You can eat the berries rather than just throwing them away.

Sources: Water: The Forgotten Nutrient (2013). Sharon Francey Robinson, PhD, RD, LD, Associate Professor and Extension Nutrition Specialist, Texas A&M AgriLife Extension Service, Texas A&M System.

For more information on this topic, you may contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences).