

VRI || Tips to Stay Hydrated During the Summer

With the hot, summer months upon us, it is important to not only stay cool, but also stay hydrated and about 20% should come from your food alone! Staying hydrated helps rid your body of waste, helps regulate body temp, lubricates joints, and protects tissue. Here is a quick guide to help you stay hydrated and avoid dehydrating foods and drinks.

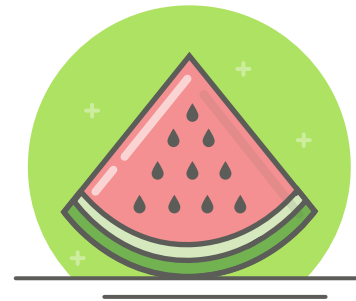


Hydrating:



Drinks.

Water, milk, fruit infused water, sports drinks with electrolytes, 100% fruit juice (low sugar), coconut water, caffeine-free tea, milk alternatives (soy, coconut, almond).



Foods.

Watermelon, spinach, tomatoes, strawberries, bell peppers, radishes, pineapple, cucumber, grapefruit, iceberg lettuce.

Dehydrating:



Drinks.

Avoid sugary or caffeinated drinks such as alcohol, coffee, teas, soda, hot cocoa, lemonade, sweet tea, energy drinks, flavored milk, smoothies (excess sugar).



Foods.

Avoid salty, processed foods like, dehydrated meats, breads, pancakes, waffles, canned foods, soy sauce, high protein meats, fast food.