



### Stay hydrated this summer!



The recommended intake of fluid for children is 6.5-7 cups/day, however exact needs for each child differ.

The human body is made from ~70% water and maintaining fluid balance, or staying hydrated, is important for many body functions including:

- Moving nutrients and waste throughout the body
- Regulating blood pressure
- Controlling body temperature
- Lowering risk of dehydration and stroke

Drinking enough fluids during the summer is important for hydration and overall health.

#### How to check if you're getting enough fluids:

**Check your thirst:** If you are thirsty or have a dry mouth, you are likely dehydrated and should try to consume more fluids during the day.

**Check your urine:** The colour and amount of urine generated can help you determine the level of dehydration in your body. A darker stronger smelling urine indicates a higher level of dehydration.

**Check your mood:** Feeling tired, light headed and having difficulty concentration are all signs of dehydration.

*You can experience dehydration in advance of experiencing the above symptoms, therefore it is important to stay hydrated by drinking fluids regularly throughout the day.*

#### Fun ways to infuse your water!

Water is the most effective beverage for quenching thirst and keeping the body hydrated but adding some flavor to water has been shown to increase the amount we drink.

- **Make flavoured ice cubes infused with herbs**
  - Place pieces of herbs such as rosemary, mint, or basil into an ice tray
  - Fill the ice tray with water and freeze
- **Add cut fruits/vegetables/herbs of choice into a pitcher and refrigerate. For example:**
  - Cucumber + mint
  - Raspberries + lemon
  - Mango + pineapple
- **Add you favourite herbal tea to your water bottle or jug**



## July

[Additional resources and guidelines on healthy beverage choices for kids](#) from HealthLinkBC



#### References:

1. Dietitian's of Canada. Retrieved from <https://www.dietitians.ca/getattachment/becca49-3bad-4754-ac94-f3c3fo4fed0/FACTSHEET-Guidelines-for-staying-hydrated.pdf.aspx>
2. Facts on fluids. Retrieved from <https://www.unlockfood.ca/en/Articles/Water/Facts-on-Fluids-How-to-Stay-Hydrated.aspx>
3. HealthLinkBC <https://www.healthyfamiliesbc.ca/home/articles/healthy-drinks-children-preschool>

### Seek support

from a Dietitian near you:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)