

# NUTRITION BITS AND BITES

Stay Hydrated in the Summer Months



## How much fluid is needed?

The amount of fluids needed for kids depends on several factors.

Temperature, activity level, gender, and age can influence fluid needs.

Younger children need approximately 5 cups of fluids per day while older children and teens may need 6-10 cups per day

## Focus on Fluids in the Summer Months

Fluids are important for our bodies no matter what temperature it is outside. However, outdoor activities in hot weather can lead to dehydration fast, especially in kids.

### What are the signs of dehydration?

- ✓ Dry mouth and cracked lips
- ✓ Flushed skin
- ✓ Dark or strong-smelling urine
- ✓ Headache, dizziness or fainting
- ✓ Thirst

### What is the best drink to prevent dehydration?

Water should be the first drink of choice. It is readily available and thirst quenching. However, milk, juice, smoothies, popsicles, and soup are considered fluids and provide hydration to the body. The key is to drink often and enough in hot weather.

### What about sports drinks?

Sports drinks are mostly water but also contain sugar and electrolytes such as sodium and potassium. These are only needed if playing intense sports or heavy exercise for 45 minutes or more. In most situations for children, water is a better choice.

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

# Watermelon Blueberry Yogurt Pops

## Ingredients

2 cups	Plain Greek yogurt
1 1/2 cup	chopped seedless watermelon
1 cup	fresh blueberries
1/3 cup	liquid honey

## Instructions

**Step 1** Place the yogurt, watermelon, blueberries and honey into a blender and puree until smooth. (For a chunkier texture, pulse the mixture until desired texture.)

**Step 2** Fill eight 4 oz (125 mL) popsicle molds or paper cups with yogurt mixture. If using paper cups, cover top with foil and poke a wooden craft stick through the centre of each pop.

**Step 3** Place molds on a flat surface in the freezer for at least 6 hours or up to 2 weeks.

Recipe from [cookspiration.com](http://cookspiration.com)

Little Chefs can help by:

- Measuring the fruit and yogurt
- Filling the popsicle molds
- Suggesting new fruit combinations!



These popsicles are not only hydrating but also provide protein from the yogurt.

Try different fruit combinations with fruit you have on hand or what is in season.



Scan the QR code for more tips on staying hydrated

\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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