



Staying Cool & Hydrated this August

Summer heat is in full swing, and staying hydrated is more important than ever. Drinking enough water helps you feel energized, improves digestion, and keeps your body cool. But did you know that certain fruits and veggies can also help keep you hydrated?

Top Hydrating Foods this Summer:

- **Cucumbers** – contain 96% water!
- **Watermelon** – packed with water and Vitamin C
- **Tomatoes** – perfect for fresh salsa or a summer salad
- **Zucchini** – try it grilled or in spiral “zoodles”
- **Peaches and Berries** – juicy, sweet, and refreshing!

Healthy Swaps for Hot Days

Instead of chips or prepackaged snacks, try:

- Cucumbers and Hummus
- Frozen Fruit and Low-Fat Greek Yogurt
- Fresh Watermelon
- Homemade fruit popsicles

Cucumber, Lime, and Mint Infused Water

Ingredients:

- 1 cucumber, sliced thin
- 1 lime, sliced thin
- 12 mint leaves
- 4-6 cups of water

Directions:

1. Add lime slices, mint leaves and sliced cucumber to a large pitcher.
2. Add cold water to pitcher. Stir ingredients into water.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Carry a reusable water bottle with you and set reminders to sip throughout the day. Adding a splash of 100% fruit juice, herbs like mint, or citrus slices can make water more exciting!