

## Healthy Summer Eating

Summer is the perfect time to assess how you're hydrating and fueling your body.

### Stay hydrated

Staying hydrated is important all the time, but pay closer attention during summer. Fluid needs increase in hot weather. Water intake per day varies for each individual, but general recommendations are that men drink 3.7 liters of water per day and women drink 2.7 liters per day. Here are a few tips to help you stay hydrated during the summer:

- **Consistently sip water throughout the day.** If you get bored with the flavor of plain water, consider infusing it with lemons, limes, cucumber, strawberries or mint.
- **Eat more water-rich fruits and vegetables.** Watermelon, grapes, strawberries, cucumbers, tomatoes and celery are a few great examples that will help you stay hydrated.
- **Limit time outdoors during hot, humid weather.** These weather conditions can make you sweat and require additional water intake to prevent dehydration.
- **You may need additional fluids in special circumstances.** If you're exercising, pregnant, breastfeeding or have certain health issues, you're going to need to increase your water intake.



### Take advantage of summer produce available

There's an abundant variety of tasty and nutritious foods available during the summer, particularly nutrient-rich vegetables and fruits filled with antioxidants. During the summer, you'll find increased availability of fruits and vegetables at your local farmers market or grocery store. And that increased availability means you'll spend less on them during the summer, too.

### Enjoy healthy meals during the summer

Because of the abundance of fresh fruits and vegetables during the summer, you should try to pick recipes that include fresh produce. After you visit your farmers market or grocery store, prepare your produce so you'll be ready to use it in recipes or make an easy, healthy snack on the go. Fresh produce makes it easy to add color to your daily diet in a variety of ways.

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Topic: Motivation Meditation

Wednesday, July 24, 2019

8 to 8:10 a.m. Eastern time

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