

WATER

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During the hot months, and especially during the summer, stay well hydrated. Drink water, even if you're not thirsty, to prevent dehydration and ensure your body gets the fluids it needs.

A good time to drink water is with each meal and between meals. Also before, during and after doing any exercise or outdoor activities. Of course, if you are thirsty. Water should always be by your side, as it regulates body temperature. Pay attention to the signals that the body sends you to know if you are not drinking enough water.

Mild to moderate symptoms of dehydration in adults

- Dolor de cabeza
- Boca seca
- Orinar y sudar menos de lo habitual
- Orina de color amarillo oscuro (color ámbar)
- Piel seca
- Sensación de cansancio
- Mareos
- Estreñimiento

Water is not the only option to stay hydrated. You can hydrate yourself by increasing the consumption of fruits and green leafy vegetables. Watermelon and spinach are a good alternative. Prefer to drink water instead of sugary drinks, tea, or coffee to quench thirst.



Melon and Mint Lemonade

Ingredients

- 3 cups of chopped melon
- 10 mint leaves
- 4 lemons (squeeze for juice)
- ½ cup of water
- Sugar of preference to taste (optional)

Procedure

Mix all the ingredients in the blender and ice when serving. Service for four people.

Drinking water is essential for health, physical and mental performance. Make it your favorite drink.



Sources:
Mayo Clinic
<https://www.mayoclinic.org/es-es/diseases-conditions/dehydration/symptoms-causes/syc-20354086>
Medline Plus
<https://medlineplus.gov/spanish/ency/article/000982.htm>