



Sip, Snack, Survive Summer

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

Looking for a fresh way to stay healthy this July? Discover how small hydration habits can help you feel better, think clearer, and enjoy summer to the fullest.

Beat the Heat: Why Hydration Is Non-Negotiable

When the summer heat rises, hydration becomes more than just a wellness buzzword—it's essential to keeping your body cool, energized, and functioning properly. Water plays a role in regulating your temperature, supporting muscle and brain function, transporting nutrients, and even keeping your mood balanced. During hot days, you lose fluids faster than you think—especially if you're spending time outdoors or exercising—so maintaining hydration isn't optional, it's vital.

Know the Signs: Dehydration & Heat-Related Illness

Mild dehydration can creep in quietly. You may notice dry lips or a scratchy throat, perhaps a nagging headache or a dip in your energy levels. These can all be early signs that your fluid intake hasn't kept up. As dehydration worsens, more noticeable symptoms can appear, like dizziness, fatigue, dark yellow urine, or irritability. In hot weather, if you push past these signs, your body becomes vulnerable to heat-related illnesses, including heat cramps, heat exhaustion, and—most seriously—heat stroke.

To avoid these risks, it's a good idea to take small, steady steps throughout the day:

- Drink water regularly—don't wait until you're thirsty
- Keep a water bottle handy and make sipping a habit
- Add flavor with lemon, berries, or fresh mint to make water more appealing

- Eat hydrating foods like watermelon, oranges, cucumbers, and leafy greens
- Limit alcohol and caffeine, especially in high heat
- Replenish electrolytes if you're sweating heavily with coconut water or sports drinks

Smart Summer Habits That Support Hydration

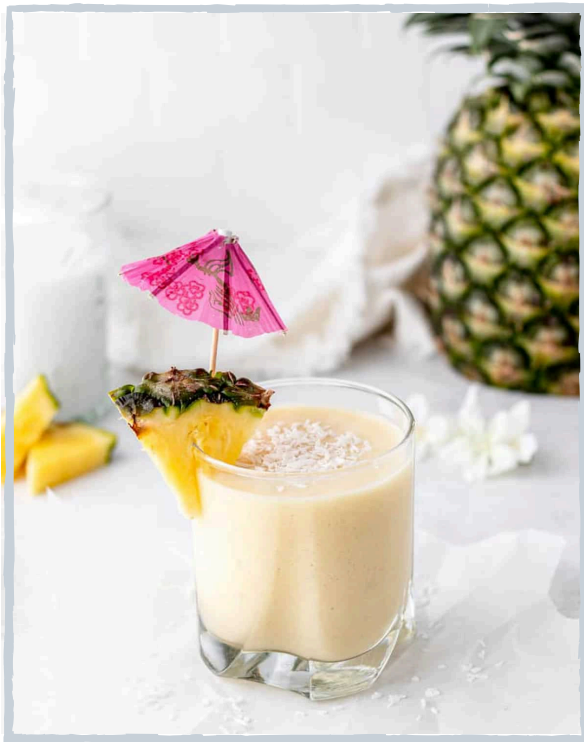
Hydration goes beyond what's in your glass—daily choices can help your body stay cool and retain fluids better. Here's how:

- Wear light, breathable clothing to reduce sweat
- Take breaks in the shade or in air-conditioned spaces
- Exercise early or late, avoiding peak sun hours
- Carry snacks like fruit cups or yogurt that also hydrate
- Check on kids and seniors, who dehydrate more easily

Bonus Tips: Set a Hydration Routine

If you struggle to remember to drink water, build it into existing habits:

- Drink a glass first thing in the morning
- Pair water with meals and snacks
- Set a reminder on your phone or use a water tracking app
- Keep a large bottle on your desk or in your bag



Pina Colada Protein Shake

MAKES 4 SERVINGS



Ingredients:

- | | |
|------------|---|
| 2 ½ cups | Unsweetened Coconut Milk |
| 4 cups | Frozen Pineapple Chunks |
| 2 Medium | Over Ripe Bananas, cut in half or in small chunks |
| 2-4 scoops | Protein Powder (vanilla or unflavoured) |

Directions:

1. Add all ingredients to a high power blender in the order listed. Gradually turn the blender up to high speed and blend until smooth and creamy.
2. You may wish to add the frozen fruit in small batches and/or add some additional liquid if the blender is having trouble breaking down the fruit.

For best results, serve immediately topped with a sprinkle of coconut if desired.

Tip: You can you substitute coconut milk for almond/ coconut milk

Nutrition:

Calories: 312kcal Carbohydrates: 41g
Protein: 16g Fat: 10g Saturated Fat: 9g
Polyunsaturated Fat: 0.1g
Monounsaturated Fat: 0.1g
Cholesterol: 29mg Sodium: 133mg
Potassium: 446mg Fiber: 4g Sugar: 25g
Vitamin A: 180IU Vitamin C: 84mg
Calcium: 82mg Iron: 2mg

Sources:

1. Cartlidge, E. (2024, May 8). Tropical almond colada smoothie. Haute & Healthy Living. <https://www.hauteandhealthyliving.com/tropical-almond-colada-smoothie/>
2. Image source: Cartlidge, E. (2024). From "Tropical almond colada smoothie." Haute & Healthy Living.