With summer here and the heat outside it is important to stay well hydrated. Water is essential for our bodies because it is in every cell, tissue, and organ in your body. Healthy people meet their fluid needs by drinking when thirsty and drinking fluids with meals. But, if you’re outside in hot weather for most of the day or doing vigorous physical activity, you’ll need to make an effort to drink more fluids.

**Where do I get the water I need?**

Most of your water needs are met through the water and beverages you drink. You can get some fluid through the foods you eat. For example, broth soups and other foods that are 85% to 95% water such as celery, tomatoes, oranges, and melons.

**Water helps your body with the following:**

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Gets rid of wastes through urination, perspiration, and bowel movements.

You need water to replace what your body loses through normal everyday functions. Of course, you lose water when you go to the bathroom or sweat, but you even lose small amounts of water when you exhale. You need to replace this lost water to prevent dehydration.

**Your body also needs more water when you are**—

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

Some people may have fluid restrictions because of a health problem, such as kidney disease. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.
**Tips for Increasing Your Fluid Intake by Drinking More Water**

Under normal conditions, most people can drink enough fluids to meet their water needs. If you are outside in hot weather for most of the day or doing vigorous activity, you may need to increase your fluid intake.

**If you think you’re not getting enough water each day, the following tips may help:**
- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.
- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

**Do sugar-sweetened beverages count?**

Although beverages that are sweetened with sugars do provide water, they usually have more calories than unsweetened beverages. To help with weight control, you should consume beverages and foods that don’t have added sugars.

Examples of beverages with added sugars:
- Fruit drinks.
- Some sports drinks.
- Soft drinks and sodas (non-diet).

**Sources:**


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**Fat in your diet**

You can determine your "daily fat number," which is based on the number of calories you eat in a day. This number gives you the maximum number of grams of fat you should eat in a day. Or you can use the following guide.

If you eat the following number of calories a day:
- 1,200 calories—eat no more than 40 grams of fat (13 g. of sat. fat)
- 1,400 calories—eat no more than 47 grams of fat (16 g. of sat. fat)
- 1,600 calories—eat no more than 53 grams of fat (18 g. of sat. fat)
- 1,800 calories—eat no more than 60 grams of fat (20 g. of sat. fat)
- 2,000 calories—eat no more than 67 grams of fat (22 g. of sat. fat)
- 2,100 calories—eat no more than 70 grams of fat (23 g. of sat. fat)
- 2,200 calories—eat no more than 73 grams of fat (24 g. of sat. fat)
- 2,400 calories—eat no more than 80 grams of fat (27 g. of sat. fat)
- 2,600 calories—eat no more than 87 grams of fat (29 g. of sat. fat)
- 2,800 calories—eat no more than 93 grams of fat (31 g. of sat. fat)
- 3,000 calories—eat no more than 100 grams of fat (33 g. of sat. fat)

**Modify recipes to lower fat content**

To become more heart healthy, many people are reducing their intake of fat, saturated fat, trans fat, cholesterol, and calories. They are also adding fiber to their diets. You don’t have to give up your favorite recipes, but you may need to adapt them to this new, healthy way of eating. There are three ways to do just that.
**Fat in your diet**

Eat foods that are high in fat, saturated fat, trans fat, cholesterol, and calories **less often.**

- **Reduce portion sizes.** Take a smaller piece of cake, and put less margarine on bread, and less dressing on salads.

- **Modify recipes.** You can change a cooking technique or change an ingredient. The rest of this document will concentrate on modifying recipes.

  - First, identify the high-fat items, such as oil, margarine, nuts, cream, and whole eggs. Ask why each ingredient is there.

    Can an ingredient be eliminated? For example, products can be made without nuts or chocolate chips and high-fat toppings can be eliminated.

    Can an ingredient be reduced? Often, fat can be reduced by one-third. For example, if a recipe calls for 6 tablespoons of oil, use 4 tablespoons. If a recipe calls for 1 cup of shortening, use 2/3 cup instead.

    Can you use a substitute? Skim milk can be substituted for whole milk. Skim evaporated milk can take the place of cream. No-fat or low fat yogurt or no-fat sour cream are substitutes for sour cream. Two egg whites can take the place of a whole egg.

  - Second, see what a difference a change in preparation can make. A 3.5-ounce portion of light meat chicken that has been fried with the skin on has 246 calories and 12 grams of fat. Remove the skin and roast the same portion and it has only 173 calories and 4.5 grams of fat. Oven-fried chicken has 185 calories and 5.3 grams of fat.

    You eliminate 100 to 120 calories for each tablespoon of fat you remove from a recipe.

    When making soups or stews, allow time to refrigerate the broth. The fat that hardens and accumulates can be skimmed off.

    If the recipe directions say *sauté*, use a nonstick pan. Or use a nonstick spray or steam-cook vegetables in broth or in the microwave.

Black Bean and Mozzarella Salad

Mixing mozzarella with pan-roasted corn, black beans, and avocado creates a rich Mexican-inspired feast. Even with cheese, a hefty serving delivers only 9 grams of fat.

- 1/4 c smoked tomato vinaigrette (such as Drew's)
- 1 can (15 oz) no-salt-added black beans, rinsed and drained
- 1 tsp ground cumin
- 2 c fresh corn kernels (about 2 large ears)
- 2 oz smoked mozzarella, diced
- 1 pint cherry tomatoes, quartered
- 3/4 c coarsely chopped avocado
- 1/2 c finely chopped red onion
- 1/4 c chopped fresh cilantro

1. In a large bowl, combine vinaigrette, beans, cumin, and salt and pepper to taste; set aside.
2. Heat a nonstick skillet over medium-high heat. Add corn and pan-roast, stirring occasionally, until lightly browned, about 4 minutes. Remove from heat and let cool. Stir corn and remaining ingredients into black bean mixture and toss together.
3. Chill until ready to serve. Divide evenly into four salad bowls.

Yields 4 servings. Per serving: 324 calories, 9 g fat (2.7 g saturated), 554 mg sodium, 42 g carbs, 11 g fiber, 13 g protein

TIP If you use frozen corn kernels, make sure they're thawed and dry so they don't stick to the pan.

Summer Squash Casserole

- 1/2 cup plain lowfat yogurt
- 1/2 cup lowfat cottage cheese
- 1/4 cup shredded reduced-calorie Cheddar cheese
- 1/2 cup egg substitute
- 1 cup sliced onion
- 3 cups sliced yellow squash
- 1/4 cup bread crumbs

Preheat oven to 350 degrees. Combine yogurt, cheeses, and egg substitute in a bowl; set aside. Lightly coat a nonstick skillet with vegetable cooking spray; add onion and cover. Cook over medium heat, stirring occasionally, until tender. Drain and set aside.

Lightly coat a 2-quart casserole dish with vegetable cooking spray. Place 1 cup squash in the prepared casserole dish. Top with 1/3 onion and 1/3 yogurt mixture. Repeat with remaining squash, onion, and yogurt mixture. Top with bread crumbs.

Cover and bake at 350 degrees for 25 minutes. Uncover and bake an additional 5 to 10 minutes or until top is browned.

Yields 6 servings. Per serving: 198 calories, 4.6 grams of fat, 7 milligrams of cholesterol, and 160 milligrams of sodium.

http://www.ces.ncsu.edu/hhb/hhbsquashc.htm
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