

Pointers For Parents

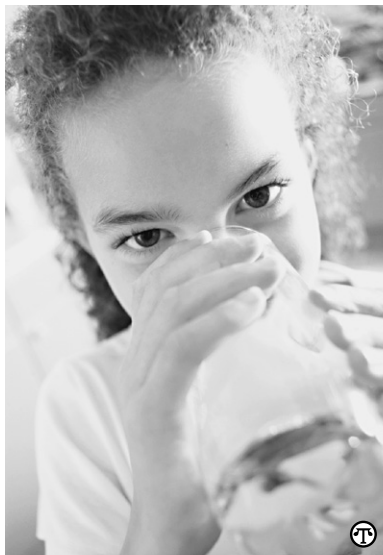
Looking For Ways to Beat the Heat? Drink Early ... And Often

(NAPSA)—Warm weather means lots of time spent outdoors, soaking in the sun and staying active. It can also mean low energy, headaches and crankiness—a sign that the body may need more water. Too much fun in the sun can lead to dehydration for active children who don't drink enough fluids.

In fact, kids are more prone to heat-related illness than adults. Since children don't transfer heat to the skin as easily as adults, keeping cool can be a challenge.

Preventing heat-related injuries or illness can be simple. One easy and important step is drinking plenty of hydrating fluids early in the day. By serving a breakfast that includes nutrient-packed beverages, parents can relax knowing their kids are getting hydrated before they head out for an active day in the sun.

"Getting kids to slow down and take time to refuel with fluids is important," says Gail Ramper-saud, registered dietitian with the University of Florida's Institute of Food and Agricultural Sciences. "One of the best ways children can beat the heat is by eating a balanced breakfast including 100 percent orange juice every day. Orange juice naturally delivers important nutrients that keep



them energized throughout active summer days."

The kinds of fluids kids drink are just as important as how much they consume. Parents should pay special attention to the quality and quantity of nutrients found in the beverages kids drink. While water is always the most important source of hydration, other beverages can provide a healthy boost by offering drinkers a source of hydration as well as vitamins and nutrients. An important part of breakfast, 100 percent orange juice

offers vitamin C, folate and potassium that help kids stay cool and energized while also giving them a great start to the day.

Consider some of these simple tips to help kids stay healthy and keep cool.

- **Drink early.** For the best start to the day, drink a nutrient-packed, caffeine-free beverage such as orange juice. Caffeinated drinks may quench thirst, but are diuretics and can cause dehydration. Drinking 100 percent juice is also a great way to help meet the daily recommended amount of fruit servings.

- **Drink before and during activity.** Staying active is important, and being well hydrated enhances performance and enjoyment. Kids should consume fluids at least 30 minutes before and at half-hour intervals during physical activity to ensure that they stay cool, hydrated, energized and healthy while they play.

- **Drink often.** Pack or carry a bottle of juice or water, especially when you're outdoors for activities all day. To make it easier for kids, be sure to stock the refrigerator with plenty of cold water and fresh juice. Eating frozen juice pops is another great way to keep hydrated and enjoy a tasty afternoon treat.