



Dr. O in the Know

Suggestions for being all you can be!
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Summer Days are here again!

Adequate hydration is critical for our bodies to function properly. Because our bodies are slow to alert us that we are dehydrated, we need to be sure to drink the proper daily amount of fluids and to supplement fluids lost during physical activity.

When participating in moderate physical activities, it is recommended you consume four to six ounces of fluid for every 15 minutes exercised. If you are involved in more intense activities for longer than one hour, you might consider refueling with carbohydrate- and electrolyte-supplemented fluids, i.e., sports drinks. Popular caffeinated, sugar and energy drinks DO NOT count. They are loaded with caffeine and sugar, and can make your body eliminate fluids faster, causing dehydration more quickly.

So get out and have fun this summer, but make sure you stay well-hydrated. And remember the sunscreen!

Get Healthy • Live Healthy
Be Healthy

Fresh-Picked Summer Produce

We all know we need to eat more fruits and vegetables, and there's no time like summertime when it comes to finding the freshest, juiciest and most colorful varieties around. Rich red strawberries, bright green peppers, and dark purple plums are in abundant supply everywhere — from your local grocer to the nearby farm or produce stand. When it comes to evaluating fruits and vegetables, remember that rich, vibrant color means it's full of nutrients. Adding a splash of color to every plate is simple and effective in maximizing your intake of the natural nutrients your body needs.



Take advantage of the produce in season this summer and freshen up some of your favorite recipes. Have you tried adding blackberries to spinach salad or watermelon to a Greek salad? These are just a few of the most popular fruit and vegetable taste trends this year.

What's in season during the summer months?

Bell peppers	Corn	Plums	Strawberries
Blackberries	Jalapeño peppers	Raspberries	Summer squash/Zucchini
Blueberries	Okra	Tomatillos	Sugar snap peas
Cherries	Peaches	Tomatoes	Watermelon

These are just a few of the foods to look for this summer. The next time you're out shopping, pick two or three to try, and expand your taste buds from there. If there's ever a time to get in the habit of eating fresh produce, it's now!

Be Healthy Recipe

Cucumber and Black-Eyed Pea Salad *Serving size: 6 servings*



- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons fresh oregano, chopped, or 1 teaspoon dried
- 4 cups cucumbers, peeled and diced
- 1 14-ounce can black-eyed peas, rinsed

- 2/3 cup red bell pepper, diced
- 1/2 cup feta cheese, crumbled
- 1/4 cup red onion, slivered
- 2 tablespoons black olives, chopped
- Freshly ground pepper, to taste

1. Whisk oil, lemon juice, oregano and pepper in a large bowl until combined.
2. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat.
3. Serve at room temperature or chilled.

Nutritional information per serving:
161 calories 3g fiber,
10g fat 5g protein
3g saturated fat 11mg cholesterol
12g carbohydrate 270mg sodium

*Source: WebMD**

Did you know?

Men need 125 ounces of water per day and women need 91 ounces of water per day to stay well-hydrated. This includes water from all foods and beverages consumed. Most people get adequate hydration without purposefully drinking extra water. However, for those exposed to heat, stress or vigorous activity, drinking extra water is essential to making up the fluids lost through sweat. When exercising, most people should take a break for water every 20 minutes.

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New Recommendations for Sun Protection

Current statistics show that about one in every five Americans will get skin cancer in their lifetime. Everyone, regardless of color, can get skin cancer. Therefore, it's always important to protect yourself against the sun's harmful rays. The Food and Drug Administration (FDA) has new labeling laws to help protect against not only sunburn, but skin cancer, as well. Under the new laws, sunscreens can no longer have labels with words like "waterproof" and "sweatproof" since they can often be misleading.

The American Academy of Dermatology recommends a sunscreen with the following features listed on the label:

■ Broad spectrum

Broad spectrum means the sunscreen protects against both UVA and UVB rays.

■ Sun protection factor (SPF) of 30 or higher

SPF 15 is the FDA's minimum recommendation for protection, but the Academy recommends an SPF of at least 30.

■ Water-resistant

A sunscreen must be water-resistant for either 40 or 80 minutes. This means the sunscreen provides protection while swimming or sweating for the length of time listed on the label.

Read sunscreen labels carefully and take extra precautions for you and your family when you're out in the sun this summer.

Source: WebMD® News from HealthDay



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