

# Fruit and Hydration go Hand in Hand during the Summer Months

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## **Fruit and Hydration go Hand in Hand during the Summer Months**

It's summer time and that means heat and sweat which means hydration (always important) is even MORE important. Are you drinking enough water? Getting your electrolytes? Making sure your blood sugar doesn't tank?

Fruit can be your friend all summer, with high water content, natural sugars for better glucose control, and the ability to be easily grabbed on the go. Summer is the best time for high water content seasonal fruits, so start hitting the produce section whenever you go to the store.

Many fruits have additional benefits beside their hydration properties. For example:

### **Watermelon**

Besides being 92% water, watermelon is packed with nutrients, antioxidants, amino acids, vitamins (including Vitamin A, B6, and C), potassium, magnesium, lycopene, and free radicals.

### **Cantaloupe**

A denser but just as delicious melon, the juicy cantaloupe also has potassium, Vitamin A, choline, and fiber - all important to heart health. In addition, you get a healthy dose of antioxidant and anti-inflammatory phytonutrients.

### **Honeydew Melon**

Another winner from the melon family! Honeydew delivers iron, potassium, fiber, and copper, plus a healthy serving of Vitamin C and 2 different B vitamins. It can aid in collagen production and tissue repair.

### **Kiwis**

Vitamins C, and K as well as potassium, folate, copper and manganese all hide in the green flesh under the kiwi's furry brown skin. These gorgeous little serving sized fruits also contain a rare fat-free version of Vitamin E for added power.

Grapefruit, peaches, berries, oranges and pineapple are also great ways to "eat your water" for the day,

so plan on plenty of fruit salads and fruit smoothies as well as munching down on whole pieces of fruit at snack times.

A smoothie for breakfast will hydrate you in a way that coffee, tea, or soda simply can't. A smoothie that also gives you fiber, protein, and a super punch of flavor can be made quickly by following this easy formula:

- 1 cup fresh fruit (you can also add grated or chopped veggies)
- 1 cup base: milk, yogurt, kefir, or non-dairy milks like almond, soy, or coconut
- 1-2 tablespoons of healthy fat (nut butters, flax / chia seeds, or avocado)

You can add protein powder or additional flavoring as desired. Think about sharing this simple breakfast tip with your clients, encourage everyone to eat more fruit this summer, and don't forget to make sure your fitness trainer insurance is active and covers nutritional advice!