



### Summer Sun Safety



Below is a great summertime recipe that not only tastes amazing, but is hydrating too!

### Fruity Guacamole

#### Ingredients

- 2 Hass avocados, cubed
- ½ cup seasonal fruit, diced (strawberry, mango, fig or grape)
- ¼ cup finely chopped red onion
- 1 plum tomato, seeds removed, finely diced (optional)
- 1 small jalapeño pepper (with seeds), minced
- \*Don't like the spice? Carefully remove the seeds*
- 3 tablespoons chopped fresh cilantro Juice of 1 lime (about 2 tablespoons)
- 1 small clove garlic, minced
- ⅓ teaspoon ground cumin
- ½ teaspoon sea salt, or to taste

#### Directions

Before you begin: Wash your hands.

1. In medium bowl, add avocado, seasonal fruit, onion, tomato (if using), jalapeño pepper, cilantro, lime juice, garlic and cumin. Stir until just combined. Add salt to taste.
2. Serve with blue corn tortilla chips.

1. Fruity Guacamole recipe. Academy of Nutrition and Dietetics. (2020, September 16). Retrieved April 6, 2023, from <https://www.eatright.org/recipes/snacks-and-sides/fruity-guacamole-recipe>

### Not Drinking Enough H2O?

As we get closer to summer and temperatures begin to rise, it's important to stay hydrated. While drinking water is great, you can also snack your way to hydration. Here are some tips to keep you and the family hydrated this summer!

#### Foods that hydrate:

Cucumber, watermelon, tomatoes, bell peppers, strawberries, and spinach all have a natural high water content<sup>1</sup>.

#### Don't forget your electrolytes:

Staying on top of your water intake? Make sure to replace the electrolytes (sodium, potassium, calcium, and magnesium) you lose through sweat and urine, especially in hot weather. Water is only part of the equation, we need electrolytes for complete hydration.

#### Electrolytes can be found in<sup>2</sup>:

- Bananas and oranges (high in potassium)
- Chocolate milk (high in calcium)
- Nuts/seeds and whole grains (high in magnesium)
- Sports drinks and sports foods (gels, bars, chews, etc.)

Not a fan of plain water? Dress it up and add some berries, lime, orange, cucumber, and/or mint for extra flavor.

<sup>1</sup>5 foods that help you stay hydrated. UCLA Health System. (2022, June 17). Retrieved April 6, 2023, from <https://www.uclahealth.org/news/15-food-that-help-you-stay-hydrated>  
<sup>2</sup>CHAMP. (2019, October 30). Guide to nutrient timing: In-depth. Human Performance Resources . Retrieved April 6, 2023, from <https://www.hprc-online.org/nutritional-fitness/performance-nutrition/guide-nutrient-timing-depth>

**A Personal Message From Your Health Promotion Myth Busting Team**



**HeRO Highlights**

Dear MythBusters,

*My girls are involved in a lot of summertime sports, so making sure they're always hydrated and fueled is a priority. They aren't the biggest fans of just plain water, and if you gave them a choice, they will almost always choose a sports drink. I want them to stay hydrated, but I'm also concerned about the amount of sugar in these drinks. Do you think they're getting too much sugar?*

*Thanks,  
The Summer Family*

Dear Summer Family,

First, ask yourself the following questions:

1. Would you say that your daughters participate in vigorous activity (e.g. jogging/running, fast/lap swimming, martial arts, sports that involve lots of running)?
2. If so, do they participate in a vigorous activity for more than an hour?

If you answered no to either of these questions, then sports drinks are generally not recommended for children or teens<sup>1</sup>. Plain water and a balanced diet will provide your girls with the fuel and hydration they need. However, if you answered yes to these questions, then sports drinks are fine, in limited quantities (3-8 ounces every 15-20 minutes of activity). The reason sports drinks are not the ideal drink for hydration, especially for children and teens, is due to their sugar and calorie content, which have been linked to weight gain, adolescent obesity, and dental problems (like cavities!)<sup>1</sup>. Keep encouraging your girls to drink water, and don't be afraid to add some watermelon, berries, or orange slices to their water to add some flavor!

Sincerely,  
Health Promotion Myth Buster

1.CHAMP. (2017, March 1). Your child and sports drinks. Human Performance Resources. Retrieved April 7, 2023, from <https://www.hprc-online.org/social-fitness/family-optimization/your-child-and-sports-drinks>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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**Community Events**

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



**Contact:** Luke Christy  
**Phone:** 609-1027  
**Email:** [lucan.christy@us.af.mil](mailto:lucan.christy@us.af.mil)

Monday	Tuesday	Wednesday	Thursday	Friday