



Information

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DRINK TO THE HEAT

Boy...it's hot outside, really hot. Average daily temperatures for the month of July have been a high of 86°F. Only one day has been in the 70's and five have been in the 90's. To cool off try a trip to Catoctin or your neighborhood pool for a refreshing swim in the cool water.

While you try to beat the heat drink plenty of water and other beverages. Water is the essential ingredient for life; we can live only a few days without it. Nearly every chemical reaction of living involves water and it's the major component of all body fluids.

How much water or fluid do you need each day? It varies between individuals depending on your body size and composition, level of activity, and environment. Of no surprise to any of us, the hotter the temps and the higher the humidity, the more fluid your body needs. In hot weather your body perspires to cool itself which further increases fluid needs.

The Food and Nutrition Board recommends adults drink 1 to 1.5 milliliters for each calorie your body expends. For the average 2000 calorie diet that equates to a minimum of 2 liters of fluid which is a little more than 8 cups. One cup or 8 ounces is 240 milliliters. We also get water from the foods we eat; fruits and vegetables being the main sources.

Ideally water should be your beverage of choice. Too often we reach for drinks with caffeine like coffee, tea, and soda. Caffeine actually increases fluid loss with more frequent trips to the rest room. Alcoholic beverages have the same effect.

For a refreshing change try our gingered pineapple tea recipe using decaffeinated tea bags.
Drink up!

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GINGERED PINEAPPLE TEA

4 cups water
2 slices (1/4-inch) gingerroot
3 tablespoons honey
4 decaffeinated tea bags
3 cups ice water
1 can (12 oz.) frozen concentrated pineapple juice
1 bottle (2 liter) lemon-lime carbonated beverage



Combine water, gingerroot, and honey in a 2-quart glass mix 'n pour bowl. Microwave on HIGH, uncovered, 8 to 9 minutes or until just about boiling. Add tea bags. Let stand 5 minutes. Squeeze tea bags, remove. Add ice water and juice concentrate. Let stand to melt ice; stir, remove ginger. Refrigerate until chilled*. To serve, place several ice cubes in each glass. Fill half with tea mixture; finish filling with carbonated beverage. Makes about 1 gallon (16 cups) (Per 1 cup: 100 calories, 25g carbohydrate, 4mg sodium).

TIPS: *For longer storage, fill ice cube trays with mixture. Once frozen, empty into large plastic storage bag. To serve, place about 6 cubes in each glass; fill with carbonated beverage. Diet beverage can be used. Honey can be omitted; add 2 tablespoons non-nutritive sweetener to tea after cooling. Garnish glasses with a wedge of fresh pineapple and a sprig of mint.

RASPBERRY MINT COOLER

9 cups water, divided
1 to 1 1/2 cups coarsely chopped fresh mint
1/2 cup sugar
2 (1-pound) bags frozen raspberries
2 (12 ounce) cans lemonade concentrate, undiluted
Ice cubes

In a large saucepan, bring 3 cups water, mint and sugar to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes. Stir in raspberries, lemonade concentrate and remaining water. Refrigerate overnight.

Strain raspberry mixture, reserving liquid. Press berries and mint through a sieve; discard seeds and mint. Combine raspberry juice with the reserved liquid. Serve over ice. Makes 11 servings.

FRUIT JUICE SPRITZER

1 (6 ounce) can frozen orange juice concentrate, thawed and undiluted
1 (6 ounce) can frozen apple juice concentrate, thawed and undiluted
4 1/2 cups club soda, chilled
Orange slices for garnish



Combine first 3 ingredients in a pitcher; stir well. Serve over ice. Garnish with orange slices, if desired. Makes 6 cups.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the Frederick County Extension Office check out our website <http://www.Frederick.umd.edu/>