

July 2021 PSA's

7/13/21 Hydration (1:10)

When the temperatures rise, it's critical that you remember to stay hydrated regardless of what you're doing outside.

- 1) Hydration is critical to heart health! It's easier for your heart to pump blood everywhere when you are hydrated. Dehydration can cause serious health issues.
- 2) How much to drink? This will vary from person-to-person depending on perspiration, medications and other things. A good rule of thumb is to take your body weight in pounds, divide it by half, and then that's how many ounces you need to drink each day. Also remember that when you get thirsty, that means you're already dehydrated!
- 3) Water is the best drink of choice, but it's ok to get some electrolytes too, especially if you're exercising out in the sun. Many fruits and vegetables also contain a lot of water- so you can eat your water too!
- 4) Finally, hydration is not just important for athletes. Even sitting outside on a hot day can increase your fluid needs.

For more information on hydration and health, visit heart.org or panola.agrilife.org

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy>

7/19/21 Added Sugars (1:10)

Would sugar by any other name taste so sweet? Sugar- it comes in some many different forms- how do you know which are good and which are bad?

- 1) Limit your added sugars. Some foods contain sugar naturally- such as fruit and milk. These are called "natural sugars". Other foods have "added sugars" that are added during processing/preparation such as sweet tea or some flavored yogurts. The American Heart Association recommends limiting added sugars since these foods can increase your risk for chronic conditions such as diabetes. Other experts recommend restricting those added sugars to 10% of your daily calories. One Reason for this is Many foods with added sugars are calorie-dense rather than nutrient-dense.
- 2) Too much sugar can lead to weight gain and cavities. Over time, these conditions can then increase your chances of developing a chronic condition. Even just 1-2 sugary beverages a day can DOUBLE your risk for type 2 diabetes.

Added sugars are no joke! If you'd like to learn more, check out foodtalk.org or panola.agrilife.org

<https://foodtalk.org/en/blog/whats-the-deal-with-sugar-part-1>