

Strengthening Oklahoma Families



Family and
Consumer Sciences

Pittsburg County OSU Extension

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July 2016

It Is Important To Stay Hydrated In Summer Heat

Now that the warm weather of summer has arrived, sunscreen is not the only essential tool needed. In extreme heat, adequate fluids are especially important because dehydration can be a major life-threatening problem. Children, older adults and people who work or are physically active outside for extended periods of time are particularly at risk for dehydration, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“Signs of dehydration include thirst, dry mouth and flushed skin. A dehydrated person may have a headache or feel weak and confused,” Hermann said. “The urine may be amber colored and the urine volume may be unusually low. Recognizing signs of dehydration early is critical because serious dehydration can cause coma or death.”

Most people tend to underestimate how much fluid they need to replace water lost due to prolonged exposure to extreme heat. They often gauge their feeling of thirst with needing liquid. Unfortunately, thirst is not a good indication of fluid need because the onset of thirst lags behind the body’s need for water. Adults are commonly encouraged to get at least 6 cups to 8 cups of fluid daily. This is in addition to what they get from solid foods. Hermann said beverages are the main source of fluids in the diet. Some drinks also contain nutrients and calories. In fact, fluid intake can account for about 20 percent of total calories. “Sugar-sweetened beverages are the leading source of calories in a person’s diet,” she said.

Calories and nutrients are important to consider when choosing a source of hydration. Calorie-free beverages, particularly water, or other drinks that provide important nutrients, such as low-fat milk and 100 percent juice, should be the main liquids consumed.

Even then, milk and 100 percent juice should be consumed within recommended amounts and calorie limits. Drinks with added sugars may quench your thirst for the time being, but they provide a lot of extra calories without key nutrients.

Additional fluids are needed for outside activities, especially under conditions of extreme heat and humidity. For outside activities lasting less than an hour, an extra cup or two of water should be enough. For extended strenuous outside activities, additional fluid needs to be consumed before, during and after time in the sun. Guidelines for fluid intake for extended strenuous outside activities include 2 cups to 3 cups of fluid about two or three hours before the activity, plus up to an addition 2 cups of fluid about 15 minutes before the activity.

“It’s a good idea to drink small amounts of fluid, about one-half to 1 cup, every 15 minutes to 20 minutes of outdoor, strenuous activity,” Hermann said. “After outside activity, fluid should be consumed to replace weight lost. A tip for replacing water lost is to weigh before and after outside active. A general guide is 2 cups of fluid are needed to replace every pound lost.” For activities lasting less than one hour, plain cool water is best for replacing body water because it can be absorbed quickly.

“For strenuous outside activities lasting more than one hour where perspiration occurs, water by itself may not be enough. A person can be dehydrated even if they are consuming fluid if they have lost electrolytes through perspiration,” she said. “Consuming a combination of water and fluids containing electrolytes, such as Gatorade® or Powerade®, may be needed for rehydration.”

Issue Includes:

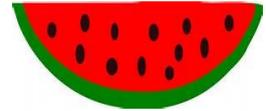
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Don't forget to visit your local Farmers Market



How To Choose.....

Source: *Cooking with EFNEP*



Use this guideline for selecting fresh fruit:

<u>Fruit</u>	<u>How To Choose</u>	<u>How to Store</u>
Apples	Select firm apples free of bruises or soft spots.	Refrigerate up to 6 weeks
Cantaloupe	Select cantaloupes with a sweet, aromatic scent; a strong smell could indicate over ripeness. It should feel heavy for its size. Avoid wet, dented, bruised, or cracked fruit	Refrigerate whole melon up to 4 days. Put in covered container or tightly wrapped for up to 2 days
Grapes	Select plump grapes without bruises, soft spots, or mold. Bloom (<i>a frosty white cast</i>) is typical & doesn't affect quality	Refrigerate in a covered container for up to 1 week
Oranges	Choose oranges that are firm & heavy for their size. Brown specking or a slight greenish tinge on the surface of an orange will not affect the eating quality	Refrigerate up to 2 weeks
Peaches/ Nectarines	Select fruit with a golden yellow skin & no green. Ripe fruit should yield slightly to gentle pressure	Refrigerate up to 5 days
Watermelon	Choose watermelon that has a hard, smooth rind & is heavy for its size. Avoid, wet, dented, bruised or cracked fruit	Watermelon does not ripen after picking. Refrigerate whole melon up to 4 days

Quotes to Boost Your Energy

Have you ever read a single line, or heard a single sentence that kick-started your energy level and left you feeling awake, alert, and fully conscious? Read these words of wisdom to give your day a wakeful boost:

- *The more you lose yourself in something bigger than yourself, the more energy you will have.*
- *Who looks outside, dreams; who looks inside, awakes.*
- *What lies behind us, and what lies before us are small matters compared to what lies within us.*
- *The higher your energy level, the more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.*
- *To be awake is to be alive.*
- *Passion is energy. Feel the power that comes from focusing on what excites you.*
- *The energy of the mind is the essences of life.*
- *The mind is not a vessel to be filled, but a fire to be kindled.*





Upcoming Dates

July 4

OSU Extension Office Closed

July 10-12

**OHCE State Meeting—Embassy
Suites 8th & Phillips Ave—OKC**

August 16

**Extension Café—4 County
Poteau 10 a.m. (More info to come)**



August 23

**County Council Meeting—10 a.m.
OSU Ext Center**

Sept 6-10

Pittsburg Co. Free Fair



Broccoli Spears & Yellow Squash

- 1 bunch broccoli
- 1 medium yellow squash
- 2 TBS olive oil
- 1 clove garlic, pressed
- 1/2 tsp dried oregano
- 3/4 tsp. salt

Cut broccoli into spears. Halve squash lengthwise, then crosswise into 1/4" thick half-moon slices. Steam broccoli & squash over gently boiling water until tender-crisp, about 10 min. Drain. Whisk together olive oil, garlic, oregano & salt in serving bowl. Add vegetables to bowl—toss and serve.

Nutrition: Calories 73; Fat 5 grams; Carbs 6 grams; Protein 3 grams.

Pan-Grilled Summer Squash

- 1-1/2 tsp olive oil
- 1 clove garlic, minced
- 2 medium yellow squash, cut in 1 inch slices
- 1/4 tsp. salt & pepper
- 1 TBS chopped onion
- 1 tsp. fresh basic, chopped
- 2 medium zucchini, cut in 1 inch slices

In a 12" non-stick skillet over medium-heat, warm the oil until hot. Add the squash, zucchini, onions & garlic. Cook stirring frequently, for 6 to 8 minutes or until the slices are nicely browned. YUM

Nutrition: Calories 43; Fat 2 grams; Carbs 6 grams; Protein 2 grams. This recipe is low in sodium.



Skillet Squash & Potatoes

- 2 medium potatoes, peeled wash & sliced thinly
- 1/2 cup chopped onions
- 1 TBS vegetable oil
- 3 yellow summer squash, sliced
- 1 dash paprika
- Salt & Pepper to taste

In a covered skillet over medium low heat, cook potatoes & onions in oil for 12-15 minutes. Add squash; cook, uncovered for 10-15 minutes or until veggies are tender, stirring occasionally. Season with salt & pepper.

Nutrition: Calories 105; Fat 4 grams; Carbs 17 grams; Protein 2 grams. This recipe is low in sodium.

Yellow Squash Casserole

- 2 lbs. small yellow squash
- 1 medium onion, chopped
- 3 TBS. butter, melted
- 2 cups grated mild cheddar cheese (*reserve some for the topping*)
- 1 egg beaten
- 1 cup milk
- Salt to taste
- 2 cups Ritz cracker crumbs (*save some for topping*)

Wash squash & cut into bite size chunks, place in a pot with the chopped onion, add 1-1/2 cups water, add salt. Bring to a boil, reduce the heat & simmer until the squash are just barely tender. Drain well & set aside to cool slightly. In a large mixing bowl, mix squash/onion mixture, cheese (save some for topping) melted butter, milk, egg & about 3/4 cup of the cracker crumbs. Mix gently until all is combined. Pour into a lightly grease baking dish. Combine the reserved cheese & crumbs & sprinkle over the squash mixture. Bake 350° about 20-25 minutes.

Nutrition: Calories 396; Fat 27 grams; Carbs 24 grams; Protein 16 grams.

For a free recipe booklet "Cooking Squash" call our office 918.423.4120.

The three stages of life: youth, maturity, and "My, you're looking good."



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