



## A Dose of Diaz



by  
Alwin Diaz, APNP

Your InHealth Clinic  
Nurse Practitioner

### Hydration

After another cold winter and summer approaching, we can not wait to get out of the house to enjoy some warm weather. Summer time is filled with people biking, running, taking walks and spending time outdoors. One of the common ailments that occurs with activities in high temperatures is dehydration.

Dehydration occurs when the body loses more fluids than it consumes. Typically this occurs with activity and exercise outdoors in the high heats of summer. Dehydration can also occur with fevers, diarrhea, vomiting and excessive sweating. Some common symptoms include easy fatigue, thirst, muscle cramp, dizziness and concentrated (darker) urine. More severe symptoms include increased heart rate, muscle weakness, irritability, confusion and loss of consciousness.

In order to avoid these complications it is important to remain adequately hydrated. The old recommendation is that we should all drink at least eight 8 ounce glasses of water daily.

New research has indicated that this is not enough. New recommendations indicate that women should drink roughly nine 8 ounce glasses of water and men thirteen 8 ounce glasses. This recommendation increases with physical activity when it is warm outdoors. A good rule of thumb is to ensure that urine is clear to straw colored.

Why is this important? Functions of water include regulating body temperature, moisten tissues, lubricate joints, help prevent constipation, protect body organs and tissues, flush waste products from liver and kidney and carry nutrients and oxygen to cells. It is important to enjoy the beautiful weather, but ensure that you and your family remain adequately hydrated.

A Dose of Diaz section is a feature in which your KUSD InHealth Clinic Nurse Practitioner discusses a health topic. Categories discussed include primary care, mental health, physical health, nutrition and stress management.

### Summer Clinic Hours

(June 13th - August 31st)

MONDAY	7:00AM - 3:30PM
TUESDAY	10:00AM - 6:30PM
WEDNESDAY	7:00AM - 3:30PM
THURSDAY	10:00AM - 6:30PM
FRIDAY	7:00AM - 3:30PM

PHONE (262) 432.2352  
7201 Green Bay Road  
Kenosha, WI 53142

[KUSDInHealthClinic@interrahealth.com](mailto:KUSDInHealthClinic@interrahealth.com)



## Nuts for Good Health

When you need a quick pick-me-up, or are in a rush, grab a handful of nuts! There are various nuts that have different health benefits, and can easily be added to your everyday diet through meals or as a snack.

### Almonds

Did you know that almonds are actually a seed and not a nut? Almonds can be eaten either raw or cooked. They are filled with protein, fiber, and vitamins such as vitamin E which is beneficial for healthy skin. Start your morning off with almond milk either by itself, in cereal or a berry smoothie.

### Cashews

Cashew trees are native to Brazil's Amazon rainforest. Cashews are rich in essential minerals and proteins and can help prevent mineral deficiencies. They are filled with monounsaturated fats, which are considered the "healthy fats." These fats may lower your LDL cholesterol levels which help to prevent clogging of arteries that can lead to a heart attack or stroke. Try making a cashew chicken salad for a healthy and filling lunch!

### Peanuts

Peanuts are considered to be in the legume family and are related to peas and beans. Peanuts can be eaten in many different forms, such as a raw or processed into peanut butter or oil. Peanuts are high in protein and monounsaturated fats. Easy ways to include peanuts in your diet: Add peanuts to a green salad, make a peanut butter and banana sandwich, or eat peanut butter and apples for a quick snack.

### Pistachios

Pistachios are the nuts that contain the least amount of calories, with only four calories per nut. These heart-healthy nuts are abundant in potassium and vitamin K. Since they are so high in fiber, you can decrease your portion size and still feel full to manage your weight. A great option is to add pistachios to your pasta in place of meat, which will still maintain a good amount of protein in a meal.

### Walnuts

Walnuts grow on trees and are packed with large amounts of omega-3 fatty acids. A diet high in omega-3 improves heart health, regulates triglyceride levels, benefits your memory and helps protect against cancer. Walnuts are also a good source of magnesium and vitamin E. Magnesium is an important mineral used by virtually every cell in your body, while vitamin E acts as an antioxidant which neutralizes unstable molecules. A fun and delicious salad that contains walnuts is the apple, pear and walnut salad. This is a great salad to bring to lunch or a family party!



Each nut has unique benefits, so try eating a variety. Watch the portions since the calories can add up quickly. If you are not a fan of nuts, try the Mediterranean diet. The Mediterranean diet contains abundant amounts of vitamins, minerals, protein and healthy fats just like nuts do.

Remember, one small change, like adding nuts to your diet, can really benefit your health.

### Homemade Trail Mix Recipe ready in five minutes

#### Ingredients

7 ounces dried fruit, approximately 3 cups  
5 ounces mixed nuts, approximately 1 cup  
3 1/2 ounces granola, approximately 1 cup

#### Directions

Combine the fruit, nuts and granola in a large bowl. To store trail mix, place in an airtight glass container. Keep container in a cool, dry place for up to 1 month.