

Drink To Your Health

Your body, including your heart, kidneys, and blood, needs daily water to function.

Fluids keep your body hydrated and working well.

Water Helps Your Body...

- Feel full and keep your hunger cues on track.
- Regulates normal body temperature.
- Lubricate joints and organs.
- Remove waste through urination, sweating, and bowel movements.
- Carries nutrients and oxygen to cells.
- Aids in cognitive function.



Tips to drink more water

1. Carry a water bottle with you and refill it often.
2. Choose water over other beverages.
3. Add fresh fruit, vegetables, or herbs (lemon, lime, berries, cucumbers, mint) to add a hint of flavor to your water.
4. Schedule times to drink water throughout the day, set a goal for yourself, and keep track of your intake.
5. Eat foods with a high water content at every meal. (Watermelon, cucumbers, berries, tomatoes, lettuce, pineapple, and grapes).

Stay Hydrated, Not Dehydrated

Try to drink about 10 cups of fluid each day unless you are told otherwise by your health care provider.

The recommended daily amount of water varies from person to person; it depends on age, activity, health, and environment.

Another recommendation for how much fluid you need is to take your body weight and divide that by 2; the answer is how many ounces you need to drink per day.



Other Healthy Beverage Choices:

1. Plain coffee or tea
2. Low-fat or fat-free milk or milk alternatives
3. 100% fruit or vegetable juice
4. Low or no-calorie beverages
5. Low sodium broth



Sources:

<https://www.healthline.com/>

<https://www.mayoclinic.org/>

<https://www.nutrition.gov/>

<https://www.webmd.com/>



Tips For Staying Hydrated With Older Age

Drinking enough fluid throughout the day is important for older adults (65+)
The following are symptoms of dehydration



Thirst, dry lips, or dry mouth



Flushed Skin



Headache



Dark yellow, strong-smelling urine



Dizziness and/or fainting



Low blood pressure and high heart rate

HOW TO STAY HYDRATED

1. Drink Regularly



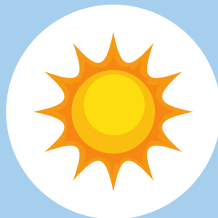
Drink 8 cups* of fluid each day. This includes water, milk, coffee, tea, and broth.
*1 cup = 8 ounces.

2. Choose Water



Choose water when you are thirsty. Drink water when you wake up, and during meals and snacks.

3. Plan Ahead



Drink more in **hot weather** and **when active**. Keep a bottle or glass of water with you during the day, and re-fill it regularly.