

Health tip: Hydration & healthier beverages



Water is very important to our bodies, but just how important is it? Water makes up over 60% of an adult's body and it plays an important role in your body's function.¹ Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water facts^{1,4}



60%

Water makes up about 60% of your body weight



**8–12 cups
of water**

lost each day through breathing, perspiring and more

Why do we need water?²

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water rids the body of waste
- Water protects the spinal cord

How much fluid should I drink?³

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily

Signs of dehydration⁴

- Chills
- Flushed (red) skin
- Headache
- Dizziness
- Fatigue
- Dark yellow urine or not urinating much

Preventing dehydration⁴

- Fill that water bottle—don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat—replenish electrolytes with sports drinks
- Change it up—increase water intake by flavoring your water with lemon

Check the label for hidden sweeteners.⁵

Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients:

- High fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose



Make a splash

Fun ways to flavor your water

No recipe to follow. Quantities of fruit and other flavorings can vary based on taste and what you have on hand.

Mix and match. Whether it's a full pitcher or just a glass, get creative.

Freeze your fruit

Add frozen berries for flavor and color or freeze pureed fruit or 100% juice in ice cube trays.

- **Very Berry**
- **Mango Delight**
- **Marvelous Melon**

Squeeze in citrus

Cut fruit into wedges or slices— or just splash the juice in.

- **Lemon Lover**
- **Luscious Lime**
- **Orange Fusion**

Go herbal

Add unique flavors with chopped or whole herbs and spices.

- **Minty Refresher**
- **Juicy Ginger**
- **Basil Sipper**



Sources:

¹ Mayo Clinic, Water: Essential for your body. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/water-essential-to-your-body>. September 2023. Accessed August 2023.

² Centers for Disease Control and Prevention, Water & Nutrition. <https://www.cdc.gov/healthywater/drinking/nutrition/index.html#>. June 2022. Accessed August 2023.

³ Mayo Clinic, Nutrition and Healthy Eating. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>. October 2022. Accessed August 2023.

⁴ Cleveland Clinic, Dehydration. <https://my.clevelandclinic.org/health/treatments/9013-dehydration>. June 2023. Accessed August 2023.

⁵ Centers for Disease Control and Prevention, Rethink Your Drink. https://www.cdc.gov/healthyweight/healthy_eating/drinks.html. June 2022. Accessed August 2023.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.