

# Health tip: Hydration & healthier beverages



Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body and it plays an important role in your body's function.<sup>1</sup> Most of us know that we need to stay hydrated, but not all beverages are created equal.

## Water facts<sup>2</sup>



**80%**

of people's water intake  
comes from drinking water



**20%**

of people's water intake  
comes from food

## Why do we need water?<sup>3</sup>

- 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?<sup>4</sup>

- 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 dehydration<sup>5</sup>

- Thirst
- Dry, cool skin
- Dry or sticky mouth
- Dizziness
- Feeling tired
- Dark yellow urine or not urinating much

## Preventing dehydration<sup>5</sup>

- Fill that water bottle—don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat—increase fluid intake in hot weather
- Change it up—add some fruit to your water for variety

## Check the label for hidden sweeteners.<sup>6</sup>

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:

<sup>1</sup> USGS, The Water in You: Water and the Human Body, [https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science\\_center\\_objects=0#qt-science\\_center\\_objects](https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects), accessed August 2021.

<sup>2</sup> The Wonders of Water, by Kathleen Zelman, MPH, RD, LD, WebMd, <https://www.webmd.com/a-to-z-guides/features/wonders-of-water>, accessed August 2021.

<sup>3</sup> Centers for Disease Control and Prevention, Water & Nutrition, <https://www.cdc.gov/healthywater/drinking/nutrition/index.html#>, accessed August 2021.

<sup>4</sup> Mayo Clinic, Nutrition and Healthy Eating, <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>, accessed August 2021.

<sup>5</sup> Dehydration, MedlinePlus, <https://medlineplus.gov/dehydration.html>, accessed August 2021

<sup>6</sup> Centers for Disease Control and Prevention, Rethink Your Drink, [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html), accessed August 2021.

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.