

NUTRITION T O G

Hydrate to Feel Great

Why drink water?

Drinking enough water is important to keep your body healthy and hydrated. Your body is made up of almost 60% water.



Recommended daily intake:

- ✓ Men: 10-12 cups or 100 fluid ounces
- ✓ Women: 8-10 cups or 75 fluid ounces

Sources of fluid:

Besides just drinking water, you can also get water from food like fruits, vegetables, soup, milk, and juice.



Where does it all go?

Water is lost from sweating, breathing, and when you go to the bathroom. You may also need more water with some medications. Ask your doctor if you have questions about your medication or how much water you should drink.

Signs you may need more water:

- ✓ Thirst or dry mouth
- ✓ Feeling tired or dizzy
- ✓ Muscle cramps or weakness
- ✓ Dark yellow urine

Dehydration in older adults:

Dehydration can happen when you are not drinking enough water. As you age, it can become harder to know when you are thirsty. Some symptoms of dehydration are confusion, vomiting, nausea, or diarrhea. To prevent this, follow the hydration tips below.

Tips to stay hydrated:

- ✓ Drink water or other fluids even if you are not thirsty
- ✓ Take sips of water, milk, or juice between bites during meals
- ✓ Add liquids throughout the day
- ✓ Have a cup of low-fat soup as an afternoon snack
- ✓ Drink a full glass of water when you take a pill
- ✓ Have a glass of water before you exercise
- ✓ Drink fat-free or low-fat milk or other drinks without added sugars
- ✓ Bring a water bottle with you when you are on the go



Check out the “Flavored Water” recipe on the back to liven up your water!



Physical Activity & Water

When you exercise, you need more water because you sweat more. It is important to drink plenty of water before, during, and after activity. This is important during both cold and warm weather.



DIY Flavored Water

Change up the way you hydrate by adding your favorite fruits and/or vegetables to your water. Try the “Flavored Water” recipe below to make water more exciting!

Water with a Twist

Ingredients:

1 orange or 1 lemon or 1 lime or 1/2 cucumber
16 ounces (2 cups) water
2 fresh mint leaves

Directions:

- 1) Cut fruit or vegetable into slices.
- 2) Pour water into a pitcher and add the fruit or vegetable slices of your choice. Add mint leaves.
- 3) Serve and enjoy!

Nutrition Facts

2 servings per container
Serving size 8 ounces

Amount per serving
Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 0mg 0%

Potassium 38mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cost: \$0.89 per recipe

\$0.44 per serving



Also try adding frozen berries to water. You can use them as ice cubes then eat once they thaw out!

