

ARE YOU DRINKING ENOUGH WATER?

TIPS TO STAYING HYDRATED

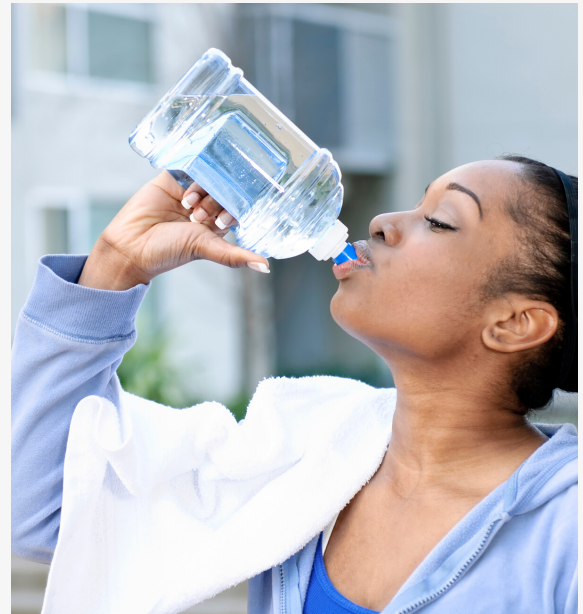
KEEP A WATER BOTTLE WITH YOU TO HAVE ON THE GO

The average person needs about 8 cups (64 ounces) of water each day. Carry a water bottle with you to help you stay hydrated throughout the day.



EAT MORE FRUITS AND VEGETABLES

Fruits and vegetables contain a high amount of water and will help keep you hydrated. Some examples of fruits and vegetables with high amounts of water include watermelon, strawberries, cucumber, cantelope and celery.



INFUSE YOUR WATER

Infusing water means to add something to the water that gives flavor. Try adding your favorite fruits, vegetables, or herbs to your water to give your beverage a new and tasty flavor.



WATER WITH A TWIST



BE IN THE KNOW

Dehydration is when your body does not have enough water. Being thirsty is the first sign of dehydration.

Other signs of dehydration include:

- Thirst
- Dry mouth
- Dark yellow urine
- Fatigued (tired)
- Irritability
- Confusion
- Muscle cramps or weakness
- Dizziness

Be aware! Juice, soda, and sports drinks provide water and count towards your daily intake, but these options tend to be high in calories and sugar. Water is the best choice because it is low-cost, calorie-free, and easy to get.

Ingredients:

- Your choice of 1 orange, 1 lemon, 1 lime or 1/2 cucumber
- 2 cups of water

Directions:

- 1) Cut fruit or cucumber into slices.
- 2) Pour water into a pitcher and add the fruit or cucumber slices of your choice. Feel free to mix and match.
- 3) Serve and enjoy!

STAY CONNECTED

While we may not be doing education in the community right now, we are doing what we can from a distance!

Please call our hotline at 1-877-366-3874, visit uri.edu/snaped or follow us on social media for family-friendly recipes and information.



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