

# 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.
- Headache.
- Muscle cramps.
- 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

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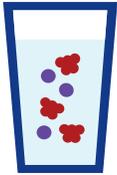
# Make a splash.

## 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 February 2020.  
<sup>2</sup> The National Academies of Sciences, Engineering and Medicine, Dietary Reference Intakes: Water, Potassium, Sodium, Chloride and Sulfate, <http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>, accessed February 2020.  
<sup>3</sup> Centers for Disease Control and Prevention, Water & Nutrition, <https://www.cdc.gov/healthywater/drinking/nutrition/index.html#>, accessed February 2020.  
<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 February 2020.  
<sup>5</sup> UnitedHealthcare, 5 Signs of Dehydration, [https://www.uhc.com/health-and-wellness/nutrition/dehydration?cid=EI\\_ENG|UHC|MEM|SM\\_FB|HMHBJ||WebsiteClick|2019\\_06\\_24|Dark](https://www.uhc.com/health-and-wellness/nutrition/dehydration?cid=EI_ENG|UHC|MEM|SM_FB|HMHBJ||WebsiteClick|2019_06_24|Dark), accessed February 2020.  
<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 February 2020.