



HYDRATION 101

Our bodies are made of about 60% water. We need to consume enough fluids when we breathe, sweat, and urinate.

Hydration Facts:

- Hydration regulates body temperature, blood pressure, moistens mouth, eyes, and nose tissues, and dissolves nutrients for use throughout our body and in our organs.
- Hydration requirements vary depending on activity, intensity level, environment, weight, amount of sweating, and certain health conditions. Be sure to drink when thirsty and increase hydration during warmer weather and increased physical activity.
- Early signs and symptoms of dehydration:
 - Dark Urine
 - Thirst
 - Fatigue
 - Flushed skin
 - Rapid breathing
 - Increased heart rate
 - Headache
- If your urine is dark yellow or amber in color, you need to consume more water. The goal is to have light yellow urine.

Hydration Tips:

- **Listen to your body.** If you are thirsty, drink water.
- **Opt for water.** Instead of soda or energy drinks, go with a tall glass of water.
- **Drink water throughout the day.** Consume water with meals, as well as between meals.
- **Carry a refillable water bottle** throughout the day.
- For variety, **squeeze some fresh lemon or lime juice into your water**, toss in a couple of cucumber slices, or add a few fresh basil leaves.

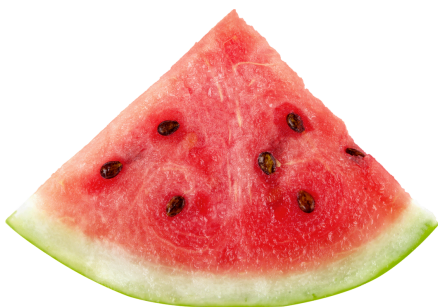
Did You Know?

- Dehydration affects brain function by:
 - Impairing mood and concentration
 - Increasing feelings of anxiety and fatigue
- Poor hydration may lead to:
 - Urinary tract infections
 - Constipation
 - Muscle fatigue



Hydrating Foods

Besides drinking liquids such as water, milk, and fruit juice, typically 20% of the water our bodies need we can get from the food we eat. Certain foods such as fruits and vegetables can contain high water content to help keep you hydrated. Also, don't forget soup and dairy are additional hydrating sources.



Apples

Pears

Asparagus

Peppers

Avocado

Pineapple

Bananas

Radishes

Broccoli

Peppers

Cabbage

Pineapple

Cantaloupe

Spinach

Carrots

Strawberries

Celery

Tomatoes

Grapes

Watermelon

Oranges

Zucchini



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