

WHY SHOULD YOU DRINK WATER ?

RECOMMENDED DAILY WATER INTAKE

(National Academies of Sciences, Engineering, and Medicine)



11.5 cups or 91 ounces for women



15.5 cups or 125 ounces for men

These recommendations include fluids from water, food, and other drinks. About 80 percent of your daily fluid intake should come from water.



Dehydration

When your body does not get enough water it can impact thinking, mental health, and bodily functions.

SODA, COFFEE, ALCOHOL AND OTHER SUGARY DRINKS CAN DEHYDRATE THE BODY



WARNING SIGNS OF DEHYDRATION:

- Little or no urine or urine that is dark in color
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or a lightheaded feeling



DEHYDRATION MAY LEAD TO:

- Moodiness, apathy and sleep disturbances
- Headache
- Tension
- Heat stroke
- Overeating
- Constipation
- Kidney stones
- Certain types of cancer and diabetes

OTHER SOURCES OF WATER:

Foods with high water content:

- Strawberries
- Watermelon
- Cantaloupe
- Grapes
- Lettuce & other leafy greens
- Celery
- Cucumbers
- Zucchini
- Tomatoes
- Bell peppers
- Broth soup
- Skim and low-fat milk & yogurt



HOW TO STAY HYDRATED:

- Plan ahead
- Keep your water bottle handy at all times
- When you feel like a snack, try drinking water first
- If you are thirsty, have some water
- Have a glass of water with each meal
- Spice up plain water with a slice of your favorite fruit

WAYS WATER BENEFITS THE BODY

Water makes up **83%** of your blood, **75%** of your brain, and **75%** of your muscles. It is critical for your heart health. It plays a crucial role in transporting nutrients and waste products between organs. Water helps regulate body temperature, especially important on a hot and humid day.

SKIN

Drinking water **boosts skin health**, fights wrinkles, and helps to keep your skin bright and moisturized.

CIRCULATION

Drinking water **helps the heart more easily pump blood** through the blood vessels to the muscles. It also **helps the muscles work efficiently**.

OPENS UP AIRWAYS

When dehydrated, airways are restricted by the body to minimize water loss. If this occurs, asthma and allergies may worsen.

DIGESTIVE SYSTEM

Water **aids in digestion**. Drinking water before, during, and after a meal will help your body break down the food more quickly, which **can prevent constipation, heartburn, and stomach ulcers**.

JOINTS & SPINAL CORD

Drinking water **helps lubricate and cushion your joints and spinal cord**.

BRAIN

Water **can make you more alert, focused, and help to improve your short-term memory and mood**

MOUTH

Water **helps create saliva** which is **essential for breaking down solid food** and keeping your mouth healthy.

Saliva production may decrease due to aging or certain psychotropic medications.

See your doctor if your mouth is drier than usual, and increasing your water intake does not help.

KIDNEYS

Water **flushes out toxins**. Staying hydrated helps keep your kidneys healthy, potentially resulting in fewer kidney-related illnesses such as urinary tract infections (UTIs) and kidney stones.

WEIGHT MANAGEMENT

Water has **no fat, no calories, no carbs, and no sugar!**

