

Stay Hydrated!

- 60 percent of your body is made of water.
- Staying well hydrated can help reduce your risk of developing kidney stones, urinary tract infections and constipation.
- You lose water throughout the day with normal body processes, such as making urine, having bowel movements and sweating.

The Risks of Dehydration and Overhydration

- If you lose more water than you take in, your body can become dehydrated.
 - Signs of Dehydration:
 - Headaches
 - Dizziness
 - Digestion problems.
 - Mild dehydration may impact your mood, memory or how well you're able to process information.

Fluid Need Determinants:

- Age
- Gender
- Activity level
- Overall health

** Women require more water during pregnancy and while they are breastfeeding.

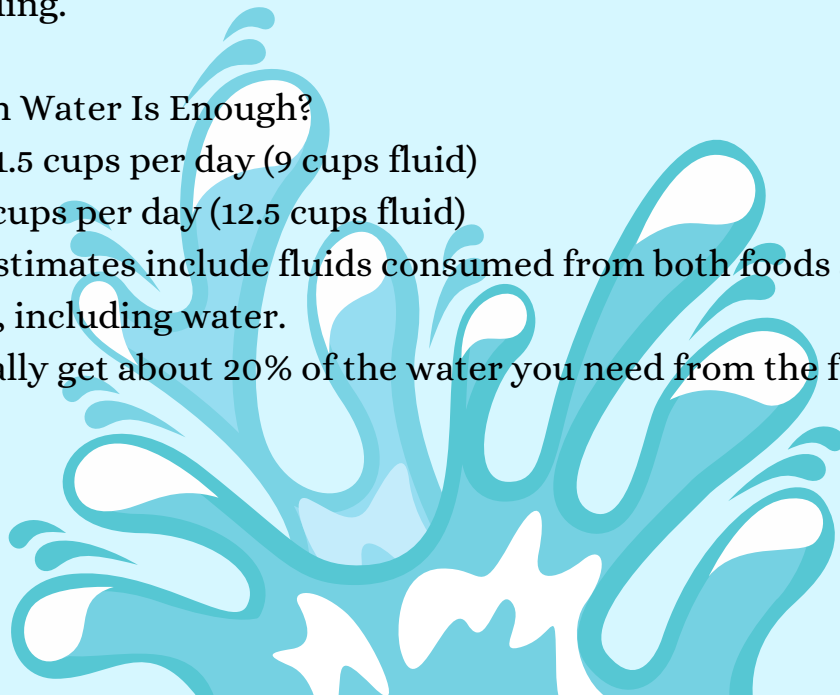
How Much Water Is Enough?

Women: 11.5 cups per day (9 cups fluid)

Men: 15.5 cups per day (12.5 cups fluid)

**These estimates include fluids consumed from both foods and beverages, including water.

You typically get about 20% of the water you need from the food you eat.



Foods That Are High in Water

90-100% water content

- Sparkling water
- Milk
- Fruits (especially cantaloupe, strawberries and watermelon)
- Vegetables (lettuce, cabbage, celery, spinach and cooked squash)

70-89% water content

- Fruits (bananas, grapes, oranges, pears and pineapples)
- Vegetables (carrots, cooked broccoli, and avocados)
- Dairy products (yogurt, cottage cheese, and ricotta cheese)

Water Intake and Blood Pressure

- Blood pressure is the force your blood exerts on the walls of your arteries and veins.
- Dehydration can affect your blood pressure, causing it to spike up or go down.
 - Low blood pressure: when your blood pressure reading is lower than 90/60 mm Hg.
 - Dehydration can cause low blood pressure due to a decrease in blood volume.
 - High blood pressure: when you have a systolic (top number) reading of 140 mm Hg or higher, or a diastolic (bottom number) reading of 90 mm Hg or higher.
 - Dehydration has been linked to high blood pressure due to the action of a hormone called vasopressin, which is secreted when there's a high amount of solutes (or sodium level) in your blood, or when your blood volume is low.

Ways to Increase Water

- Listen to your body: If you are thirsty, drink water. This is especially important if you are active or live in very hot climates.
- 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: Keep water handy, so it's there when you want to reach for a drink.
- Add a flavor enhancer: 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.

Color Check

- A quick and easy way to check if you are getting enough water overall is to take a peek at the color of your urine.
 - If you are consuming enough, the urine color will be a pale yellow color.
 - If it is a dark yellow or amber color, you may need to increase the amount you consume.



How To Tell Whether Your Drink Is Sweetened

- Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list. If any of the below appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.
 - High-fructose corn syrup
 - Fructose
 - Fruit juice concentrates
 - Honey
 - Sugar
 - Syrup
 - Corn syrup
 - Sucrose
 - Dextrose

****Men: no more than 9 tsp sugar/day**

****Women: no more than 6 tsp sugar/day**





Resources:

1. <https://www.healthline.com/health/dehydration-and-blood-pressure#high-blood-pressure>
2. <https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need#:~:text=Adequate%20intake%20levels%20for%20water,foods%20and%20beverages%2C%20including%20water.>
3. https://www.cdc.gov/healthyweight/healthy_eating/drinks.html