



Nutrition Education



Staying Hydrated

As summer approaches so does the warmer weather. It is important to hydrate properly not only as the temperatures rise but throughout the entire year. Proper hydration, especially from water, supports good health.

Ways to Hydrate

- ◆ Carry a refillable water bottle with you wherever you go
- ◆ Keep a glass of water next to you while you are at home
- ◆ Make water your drink of choice instead of soda
- ◆ Add fruit to your water for natural added flavoring
- ◆ Increase consumption of high water content foods such as eating melons and soups

Water

Did you know 60% of your body is made of water? Water is an essential nutrient that plays a crucial role in keeping your body systems working properly. In fact, water is needed each day more than any other nutrient.

Dehydration

It is normal to lose body water from everyday processes such as going to the bathroom or sweating from being physically active. But, if you lose more water than you are taking in, your body can become dehydrated. Keep in mind that it does not have to be a hot sunny day for a person to get dehydrated as dehydration can occur during any type of weather.

Water recommendations

The most common recommendation for water is to **drink eight 8oz servings of water each day** (totaling 64oz per day). This is a general recommendation as water/fluid needs vary person to person depending on factors such activity level and medical conditions.



Did you know the color of your urine can help you determine if you are drinking enough water? If you are drinking enough water your urine should be a clear or pale yellow. If you are not drinking enough water your urine will appear as darker yellow.

Information obtained from:
Understanding Nutrition by Whitney/Rolfes
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