



# Nutrition Education

## The Importance of Water

Did you know that water is one of the body's most important and essential nutrients? **Staying properly hydrated is crucial to overall health.** It is a good habit to be aware of your daily water intake to avoid dehydration.

### What does water do?

- Helps carry nutrients throughout your body
- Maintains blood volume
- Helps to protect and cushion the body including your organs
- Aids in regulation of body temperature



### Water recommendations

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

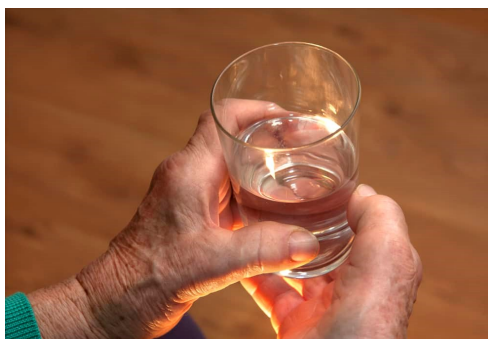
**Did you know** a person needs more water when being active, in hot climates, during illness such as diarrhea, fever and vomiting.

### Fun Food Facts:

Some fruits and vegetables can contain up to 90% water!

**Try including hydrating foods into your diet** such as watermelon, lettuce, strawberries, celery, fat free milk, oranges and more.

### Eat Your Water



## Ways to Hydrate

- ⇒ Carry a refillable water bottle with you wherever you go
- ⇒ Set a timer to remind you to drink water
- ⇒ Keep a glass of water next to you while you are at home
- ⇒ Choose water when eating out. You'll save money and hydrate at the same time.
- ⇒ Add fruit to your water for natural flavoring

Source:  
The Academy of Nutrition and Dietetics  
and  
Understanding Nutrition  
by Whitney and Rolfes

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