



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.

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
- Make water your drink of choice
- Add fruit to your water for natural added flavoring

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.



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

What is Dehydration?

Dehydration occurs when you lose more water than you are taking in. 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. **Signs of dehydration include: thirst, dry mouth, dry lips, headache, weakness, reduction in urine, dizziness, dark yellow urine color, and more.**

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 activity level, diet, and medical conditions.



Did you know a person could survive weeks without food, but a person could not survive several days without water? That is just one indicator of how important water intake is.

Sources:
Understanding Nutrition by Whitney/Rolfes
The Academy of Nutrition and Dietetics

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