

CareHere!

ARE YOU DRINKING ENOUGH

WATER?

Water plays many important roles in the body.

- o Regulates body temperature
- o Carries nutrients and oxygen to cells
- o Helps prevent constipation
- o Protects organs and tissues
- o Lubricates joints
- o Keeps the body hydrated

How does dehydration affect your body?

- o **Dehydration can:**
 - Increase physical and mental fatigue
 - Decrease memory and decision making
 - Lead to overeating due to mistaking thirst for hunger

How do you know if you are hydrated?

- o Don't wait until you are thirsty to start drinking. By this stage, you are close to mild dehydration.
- o Check the color of your urine.
 - If your urine is colorless or very pale yellow, this can indicate you are hydrated.

How much water do you need?

- o **Water needs can depend on several factors:**
 - Where you live
 - How active you are
 - Age
 - Health status
- o **The Institute of Medicine recommends:**
 - 13 cups of fluid per day for men
 - 9 cups of fluid per day for women
- o All fluid can count toward this daily total.
- o If you are trying to maintain weight or manage blood sugar levels, swap sugar-sweetened beverages for calorie-free water!

How can you make plain water tasty?

- o Try infusing your water with fruits, vegetables, and herbs to give your water a refreshing taste.
- o The ingredient combinations below can be chopped and added to a glass of ice water.
- o **To make flavor-infused ice cubes:**
 - Chop ingredients in small pieces.
 - Fill ice cube trays with chopped ingredients until ½ full.
 - Add water to ice cube trays.
 - Freeze in freezer overnight.
 - Place desired amount of ice cubes in a glass or water bottle, add water, and enjoy!



FLAVOR COMBINATIONS:

Watermelon + Jalapeno



Apple + Cinnamon



Raspberries + Pineapples



Lime + Basil



Orange + Vanilla



Blackberries + Sage



Cucumber + Lemongrass



Strawberry + Basil

