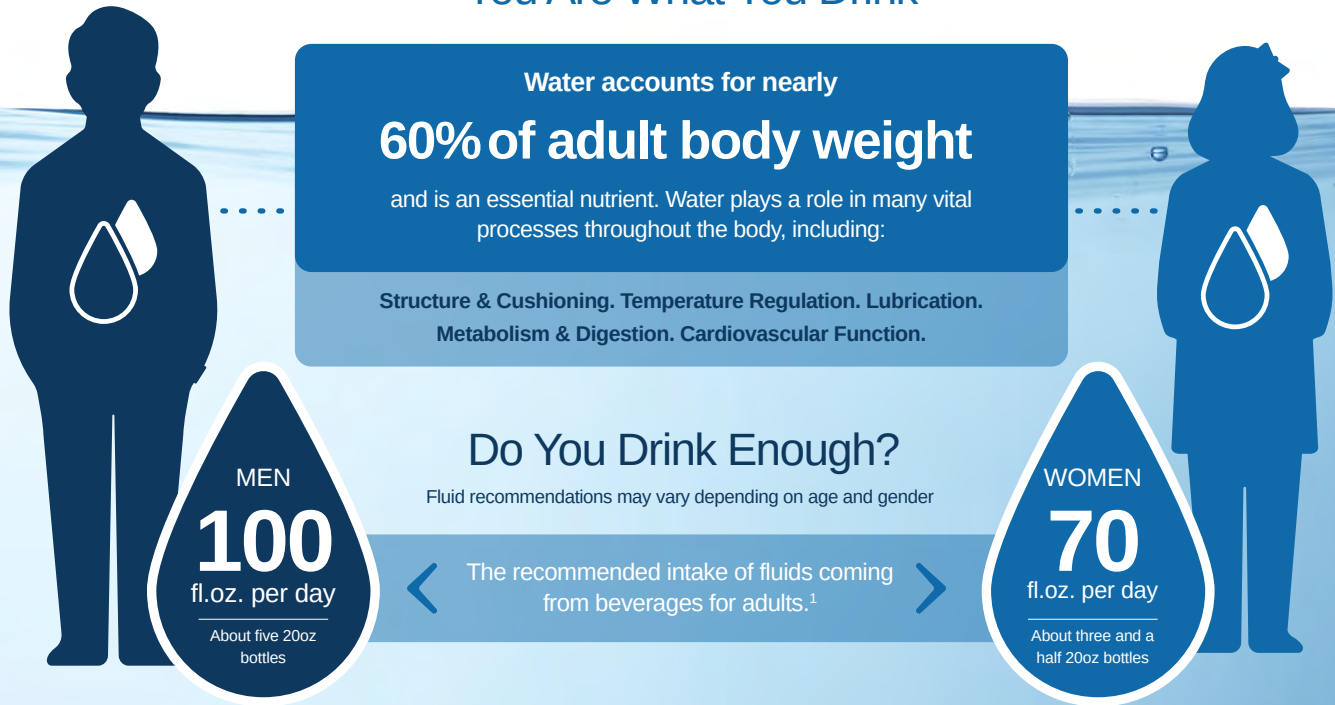


Health & Nutrition Sciences

Hydration 101

Healthy Adults

You Are What You Drink



Water accounts for nearly 60% of adult body weight
and is an essential nutrient. Water plays a role in many vital processes throughout the body, including:

Structure & Cushioning. Temperature Regulation. Lubrication.
Metabolism & Digestion. Cardiovascular Function.

Do You Drink Enough?
Fluid recommendations may vary depending on age and gender

MEN
100 fl.oz. per day
About five 20oz bottles

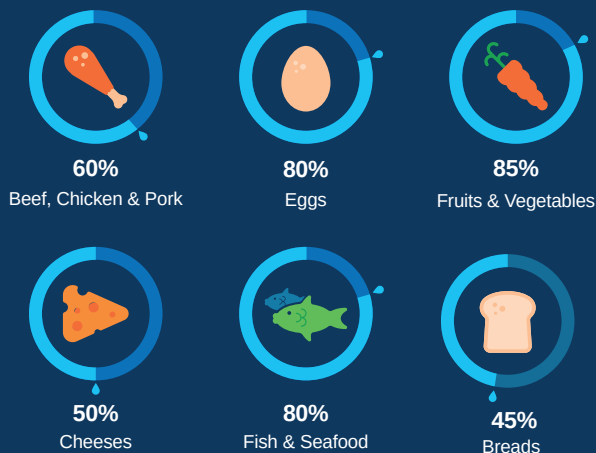
WOMEN
70 fl.oz. per day
About three and a half 20oz bottles

The recommended intake of fluids coming from beverages for adults.¹

Eat H₂O Rich Foods

The food we eat is also part of the hydration equation and normally adds 20% - 30% to our total fluid intake.²

Water content of food varies and can be as high as the following:



All Beverages Count

Caffeine-containing beverages do not lead to dehydration and count toward your daily fluid intake!^{3,4}

Just be mindful of calories and limit caffeine to 400mg a day.⁵



Health & Nutrition Sciences

Dehydration, Know the Symptoms and Warning Signs

The effects of dehydration can start at 1-2% body weight loss.^{1,2}



Dry mouth, and/or cracked lips



Headache



Increased body temperature



Fatigue



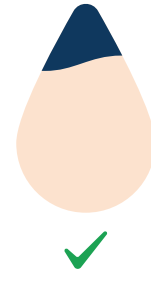
Dizziness & lightheadedness



Loss of appetite

Let Your Urine Be the Judge

A fairly reliable method to tell if you're adequately hydrated is by inspecting your urine color and quantity.



If your urine is dark like apple juice, you need more fluids. If it's pale like lemonade, that's a sign of proper hydration. Similarly, a pattern of low urine output may also indicate dehydration.

Develop Daily Hydration Habits

Creating daily hydration habits and reminders will help you stay on track to optimal hydration!

- Jump start your day and replenish at the end of the day with a beverage.
- Set an alarm on your cell phone or calendar to remember to drink fluids.
- Keep a glass or reusable bottle nearby to provide easy access to fluids at all times.
- Remember to drink more fluids when physically active and when you are in hot and humid climates.
- Children and older adults tend to not meet their daily recommendations, so make sure everyone drinks enough fluid.^{6,7}

Remember: The amount of water that you take in should equal the amount you lose, not too much or too little.



References:

1. IOM. Panel on Dietary Reference Intakes for Electrolytes and Water, 2005. National Academy Press.
2. EFSA, 2010. EFSA Journal. 8(3), p.1459.
3. Killer, S.C., et al., 2014. PLoS One, 9(1), p.e84154.
4. Silva, A.M. et al., 2013. Appl Physiol Nutr Metab, 38(6), p.626-632.
5. Rosenfeld, Leah & Mihalov, Jeremy & Carlson, Susan & Mattia, Antonia. (2014). Regulatory status of caffeine in the United States. Nutrition reviews. 72 Suppl 1. 23-33. 10.1111/nure.12136.
6. Drewnowski, A. et al., 2013. Nutrition journal. 12(1), p.85.
7. Schols, J.M.G.A., et al., 2009. J Nutr Health Aging, 13(2). p.150-157.