



WATER: HOW MUCH SHOULD YOU DRINK EVERY DAY?

Water is important to good health, yet needs vary by individual. However, there are some general guidelines to help ensure you drink enough fluids.

Why is it important to drink enough water?

Every system in your body depends on water. It helps flush out toxins, carries nutrients to your cells and regulates temperature.

Lack of water can lead to dehydration. Even mild dehydration can drain your energy, make you tired and even cause you to pass out. This is dangerous!

Do you have to drink only water to stay hydrated?

All liquids help you stay hydrated. However, water is the best choice because it is economical, has no sugar, artificial sweeteners or calories. Food, especially fruits and vegetables, add to your fluid intake.

How much fluid does the average, healthy adult living in a temperate climate need to drink everyday?

The Institute of Medicine determined that men need about 13 cups and women need about 9 cups of *total beverages* a day.

How do you know if you are drinking enough?

The easiest way is to look at the color of your urine. If you are drinking enough, your urine will be clear or a pale yellow.

There are certain factors that may require you to increase or decrease your fluid intake, e.g. exercise; a hot, humid, high altitude environment; certain illnesses or health conditions and pregnancy/breast-feeding.

What are some easy ways to get more water during the day?

- Drink a glass of water when you get up in the morning, before each meal and between each meal.
- Keep water with you at all times and take sips throughout the day.
- Drink every time you pass a drinking fountain.
- If you get tired of plain water, add lemon/lime/cucumber/orange, or try sparkling water.



References: www.webmd.com/a-to-z/guides/drinking-enough-water-topic-overview
www.mayoclinic.org/healthy-living/nutrition-and-health/in-depth/water/art



Jesus stood up and exclaimed: "Let anyone who thirsts come to me and drink." John 7:37 (NAB)

This health promotional flyer is provided by St. Mary Parish Nurse Ministry