

beat the summer heat

STAY

Hydrated!

Why Hydrate

Proper hydration is important for normal body function. Being well-hydrated supports your immune system, energy levels, brain function, and physical performance. It may also help relieve and prevent headaches, constipation, and kidney stones, aid in weight loss, and decrease joint pain.

Daily Fluid Requirements

Women: 11.5 cups

Men: 15.5 cups

Signs You May Be Dehydrated

Know the signs of dehydration. Signs may include:

- Intense thirst
- Exhaustion or increased perception of effort
- Increased body temperature
- Faster breathing and pulse rate
- Dark urine color
- Confusion
- Fainting

What to Eat and Drink

Water is the healthiest and most efficient way to stay hydrated but 20% of your daily fluid needs can come from the foods you eat or other beverages you drink. Here are some alternative ways to stay hydrated:

1. **Infused Water** - Add natural flavors to your water by infusing it with slices of fruits, vegetables, or herbs, like lemon, cucumber, and mint.
2. **Milk & Plant-based Milk Alternatives** – Liquid milk and plant-based milks, yogurt, and cottage cheese contribute to hydration while providing additional nutrients like calcium and vitamin D.
3. **Water-Rich Fruits and Vegetables** – Consume fruits and vegetables with high water content, such as watermelon, cucumber, celery, oranges, strawberries, and lettuce.
4. **Smoothies** – Create hydrating smoothies by blending water-rich fruits, vegetables, and yogurt or a plant-based milk alternative.
5. **Broths and Soups** – These contribute to your overall fluid intake while providing additional nutrients. Aim for low-sodium options.
6. **Ice Pops and Frozen Treats** – Make homemade ice pops using pureed fruits or 100% fruit juices. These can be a refreshing and hydrating option during hot summer months.
7. **Low Sugar Mocktails** – Enjoy refreshing beverages without the excessive sugar found in many traditional cocktails or the dehydrating effects of alcohol.

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Estimated Fluid Recommendations Per Day:



Get 20% of your daily fluid needs from these hydrating foods.

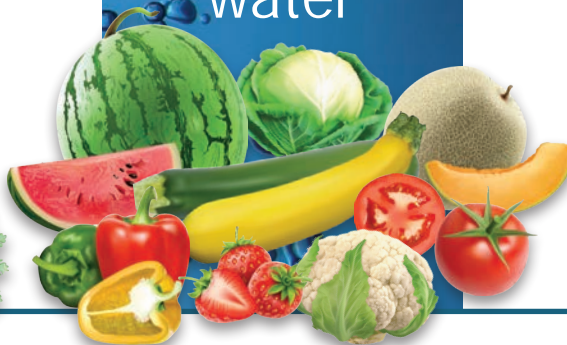
95-99%
water

90-94%
water

85-89%
water



Cucumber
Lettuce
Celery



Watermelon
Strawberries
Cantaloupe
Tomatoes

Bell Peppers
Cauliflower
Cabbage
Zucchini



Peaches
Oranges
Plain Yogurt
Grapefruit

<https://www.healthline.com/nutrition/7-health-benefits-of-water>, <https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day>, <https://www.healthline.com/nutrition/19-hydrating-foods>, <https://www.healthline.com/nutrition/how-to-drink-more-water>, <https://www.ncoa.org/article/10-reasons-why-hydration-is-important>, https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Fdrinking%2Fnutrition%2Findex.html