Fluid in the body:

- 75% of the body’s weight is water – it’s in your blood, brain, muscles, fat and bones
- We lose water throughout the day through breathing, sweating and going to the bathroom
- If you lose more water than you take in, you can get dehydrated
- Signs and symptoms of dehydration include:
  - Fatigue!
  - Thirst and dry mouth
  - Inability to sweat
  - Muscle cramps
  - Nausea and vomiting
  - Heart palpitations
  - Lightheadedness (especially when standing)
  - Decreased urine output
  - Mental confusion
  - In extreme cases, coma and death

Fluid needs:

- The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.
- To calculate needs based on body weight, consume 25-30 cc per kg of actual body weight, or 11-14 cc per lb. (250 cc = 8 oz or 1 cup).
- You will need more on hot days or with excessive losses from sweating, diarrhea, vomiting and panting.
- To determine how much extra fluid you need after excessive sweating (such as from exercising), weigh yourself before and after. Add 3 cups of fluid for every pound lost through sweating.

**DRINK UP!**

- WATER (flavor with lemon, lime, orange, mango, watermelon or cucumber slices and/or fresh herbs like mint, basil or ginger)
- Unsweetened coffee, tea or herbal tea
- Nonfat milk or Unsweetened Light soy milk (90 cal/8 oz)
- 100% fruit juice (60 cal/4 oz)
- V8 vegetable juice or tomato juice (50 cal/8 oz)
- Crystal Light, Wyler’s Light, Mio Liquid Enhancer or Dasani Drops (powder and drops)
- Sugar free Kool-Aid
- Fruit2O
- Diet Snapple
- Metromint flavored water
- PowerAde Zero
- Propel Zero Fitness Water
- Vitamin Water Zero
- Sobe Lifewater 0
- Fuze Slenderize Low Carb
- Low sodium chicken, beef, or vegetable broth
- Minute Maid Light (15 cal/8 oz)
- **Diet** V8 Splash (10 cal/8 oz)
- **Diet** Juices with reduced calories (<5 cal/8 oz)
Fluid sources:

- 80% of total fluid intake comes from beverages and the rest is from foods.
- To avoid unnecessary calories (primarily from sugar), stick to water, "diet drinks" and unsweetened tea and coffee. Non-fat milk and 100% fruit juices or vegetable juices provide nutrients as well as fluid. Caffeinated drinks (if you normally consume them) can be counted toward your fluid goal but alcohol cannot.
- High water foods like fruits, vegetables, yogurt, soups and protein shakes also provide extra fluid for the body.