

Quench Your Thirst

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

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 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.

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.



The Miracle That Is WATER

What does water do for the human body?

- prevents loss of memory as you age
- lessens addictive urges, including caffeine, alcohol and certain drugs
- dehydration taxes the heart by causing it to pump faster to get sufficient oxygen to your muscles
- water allows for efficient cell repair
- water is essential for the body to sweat and release toxins
- allows red blood cells to carry oxygen more efficiently, resulting in better muscular function and increased mental acuity
- cleanses toxic waste from various parts of the body and carries it to the liver and kidneys for removal
- without the flow of water, there's insufficient water to remove waste and toxins through your stool
- lubricates joints and lessens discomfort from arthritis or back pain
- slows down the aging process and makes skin smooth

75% of Americans are chronically dehydrated

A University of Washington study discovered that one glass of water stopped hunger pangs for almost 100% of studied dieters.

The Lesson to be Learned? Drink More WATER

Sharing this picture can save lives.

Infographic brought to you by StayingHealthy.org A Natural Approach