

Staying Hydrated



Did you know that about two-thirds of our body is made up of water? That's 55-60% of our body weight!

Studies show that 75% of Americans are dehydrated. And, about one-third of the time we mistake feeling thirsty for feeling hungry. Even though it can be easy to forget to drink water, staying hydrated is important for our health and has lots of benefits for our whole body:



Muscles

Water helps keep our muscles in good shape.



Joints

Water acts as a cushion for our joints and helps them move smoothly.



Brain and Spinal Cord

Water is like a shock absorber for our brain and spinal cord.



Cells

Water allows our cells to grow, reproduce, and survive.



Blood

Water helps move nutrients to all the organs in our body.



Metabolism

Water helps move nutrients and waste through our bodies and keeps things regular.



Mouth

Water helps lubricate our food and supports digestion.



Hunger

Drinking water can help slow down our urge to eat.

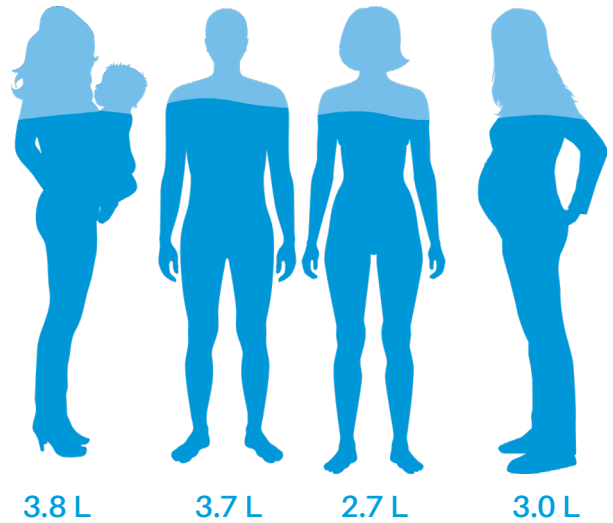
If we are dehydrated, it means our bodies don't have enough water. We can become dehydrated if we don't drink enough water, have diarrhea, vomit, sweat a lot, or don't drink enough during exercise or in hot weather. Our bodies show signs when we're dehydrated, such as:

- Skin doesn't bounce back when pinched
- Sunken or dry eyes
- Dry mouth
- Feeling confused or irritable
- Dizziness
- Little or no urination
- Lack of sweating
- Muscle weakness or cramps
- No tears when crying
- Fever
- Low blood pressure
- Increased heart rate

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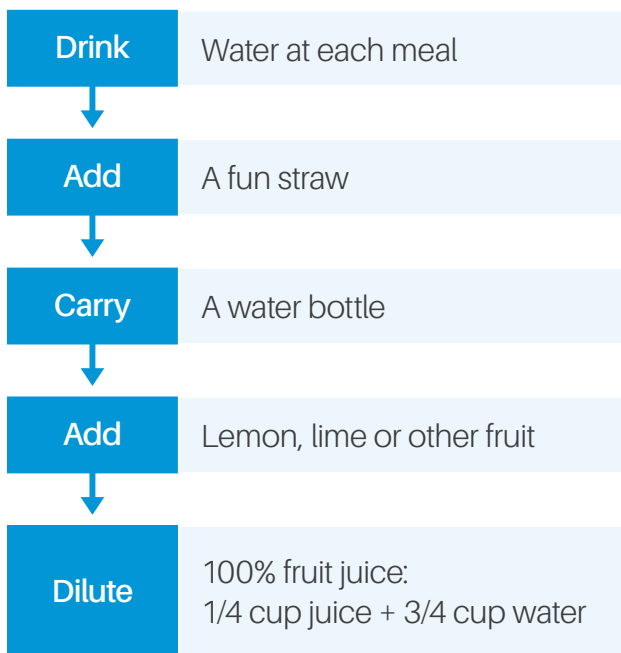
To avoid signs of dehydration, it's important to know how much water we need every day on average:

Groups	Total water (Includes water from food)	Total beverages
Men 19+	3.7 L	3.0 L (13 cups)
Women 19+	2.7 L	2.2 L (9 cups)
Pregnancy	3.0 L	2.3 L (10 cups)
Breastfeeding	3.8 L	3.0 L (13 cups)



*Adapted from The National Academies of Sciences, Engineering, and Medicine

To get yourself to drink more water throughout the day, try:



Water can also come from other sources

like milk, 100% juice, teas, sparkling water, seltzer, diet sodas, and broth-based soups. Most fresh fruits and vegetables also have a high water content:

- Cucumber: 96% water
- Zucchini: 95% water
- Radish: 95% water
- Tomato: 94% water
- Red cabbage: 92% water
- Spinach: 92% water
- Watermelon: 92% water
- Strawberry: 92% water
- Grapefruit: 91% water
- Cantaloupe: 90% water
- Peach: 89% water
- Raspberry: 87% water
- Pineapple: 87% water
- Carrot: 87% water
- Apricot: 86% water
- Blueberry: 85% water



Remember, staying hydrated is very important for our overall health and supports organ function!

Ask yourself, do you need to drink more water?

