

# Hydration 101

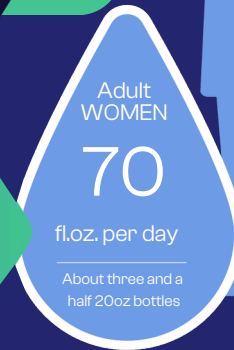
Healthy Adults

## You Are What You Drink

Water accounts for nearly **60%** of adult body weight<sup>1</sup>

### Water is an essential nutrient.

It plays a role in many important functions in the body, including: structure & cushioning, temperature regulation, lubrication, cardiovascular function, metabolism, & digestion.<sup>1</sup>



## Do You Drink Enough?

The recommended intake of fluids coming from beverages varies by age & gender.<sup>1</sup>

## Eat Water Rich Foods

The food we eat adds 20% - 30% to our total fluid intake. Water content of food varies, but can be as high as:<sup>1</sup>



**60%**  
Beef, Chicken, & Pork



**80%**  
Eggs



**85%**  
Fruits & Vegetables



**50%**  
Cheeses



**80%**  
Fish & Seafood



**45%**  
Breads

## All Beverages Count

Caffeine-containing beverages do not lead to dehydration and count toward your daily fluid intake.<sup>3,4</sup>



<sup>1</sup>Depending on how these foods are eaten and any potential cooking method, these values may change.

## Let Your Urine Be the Judge

A fairly reliable method to tell if you're hydrated is the amount & color of your urine <sup>1,2</sup>



Low output  
or  
Dark color  
(like apple juice)



**You likely need  
more fluids**



Normal to High output  
or  
Light color  
(like lemonade)



**You are likely  
properly hydrated**

## Dehydration

### Know the Symptoms & Warning Signs

The effects of dehydration can start at 1-2% body weight loss. <sup>1,2</sup>



Dry mouth, and/or  
cracked lips



Headache



Increased body  
temperature



Fatigue



Dizziness &  
lightheadedness



Loss of appetite

## Develop Daily Hydration Habits

Creating daily hydration habits and reminders will help you stay on track to with your hydration goals!

### REMEMBER:

The amount of water you take in should equal the amount you lose.



Start & end your day  
with a cup of water.



Set an alarm to remind yourself  
to drink fluids throughout the day.



Keep a reusable bottle  
nearby to provide easy  
access to fluids.



Remember to drink more fluids  
when physically active and when  
you are in hot and humid climates. <sup>5,6</sup>

### References

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