Hydration

The Fast Facts on Fluid

Proper hydration is important all year round, but becomes increasingly essential during the warmer summer months. Approximately 60% of human body weight is actually water! Increased fluid consumption is needed during times of increased physical activity, hot temperatures, fever, vomiting/diarrhea, and trauma. Adequate hydration is essential to stay healthy and for your body to function at its best!

Rethink Your Drink

Drinking water may be the simplest way to stay hydrated, but plain old H2O can seem dull to some people. Here are a few tips to add some variety to your fluids!

1. Add fresh fruit or vegetables to your water. Lemon, cucumber, and strawberry are just a few of the ways you can add some refreshing flavor and sweetness.

2. Drink milk or other alternatives such as soy, almond, or cashew. Not only are these beverages a good source of fluid for hydration, but you may also be getting protein, vitamin D, and calcium as well!

3. Sparkling water, tea, and other calorie-free beverages are also great choices.

Help yourself stay Healthy and Hydrate!

Signs of Dehydration

Knowing the signs of inadequate fluid intake is important. If you notice any of the signs below, take action to hydrate yourself.

- Thirst
- Dark colored urine/decreased urine production
- Blushing/rosy skin
- Weakness/dizziness
- Increased body temperature
- Dry mouth

Fluid-Rich Foods

Drinking fluids is just one way to hydrate. Foods containing fluid can also help ensure proper hydration.

- Grapes
- Berries
- Peaches
- Watermelon
- Green Beans
- Broccoli
- Pudding
- Yogurt
- Ice Cream
- Jell-O
- Popsicles
- Soup

Look for the OH SO GOOD sign in the café to easily find better-for-you foods!
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Water Helps Your Digestion
Water is required to moisten food (saliva), digest (gastric secretions), transport nutrients to and from cells (blood) and discard waste (urine). Water can reduce constipation and help with urinary tract infections.

Make Sustainable Choices
According to the Center for Science in the Public Interest, nearly half of bottled waters come from municipal water supplies—not from the mountain streams pictured on the labels. So rather than spending money on bottled water, turn on your tap. This will help stop the flood of 95 million plastic water bottles that get discarded each day, of which only 20 percent get recycled.

Infuse Boring Water
If you have trouble drinking plain water, infused water might be the solution for you. Making your own is easy, calorie-free and a flavorful way to stay hydrated.

How to Infuse Water
Wash ingredients thoroughly under running cold water. Slice fruit and veggies into ¼” to ½” slices, cubes or rings. Use only fresh whole herb leaves. Fill a glass bottle or pitcher with layers of ice cubes and flavor elements. Fill with fresh filtered water and refrigerate for at least an hour to allow the flavors to fully develop. Refill with ice and water as needed. You’ll need one lb of vegetables or fruit and ¼ cup of herbs and spices per gallon water.

Fresh Herbs: rosemary, thyme, mint, basil, cilantro, parsley, sage
Spices: cinnamon sticks, cardamom pods, fresh ginger, cloves, whole vanilla bean
Edible Flowers: rose, lavender, citrus blossoms, hibiscus, pansies, violets
Fresh Fruit: berries, melon, tropical fruit, citrus, apple, peach, pomegranate, fig
Fresh Vegetables: cucumber, celery, fennel, carrot, tomato, beets, radish

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