

Fluid is Your Friend!

GUIDELINES AND CREATIVE TIPS ON HOW TO MEET YOUR HYDRATION NEEDS



How Much Fluid do You Need per Day?

2-3 litres
OR
9-13 cups
(1 cup = 250 mL)

- Includes fluids from food and beverages
- Aim to make **water count for 80%** of your daily fluid intake
- You may need more or less depending on your health status, how much you exercise, and how hot & dry the climate is

What 'Counts' as Fluid?

- 1 Water**
- 2 Other beverages**
 - Milk & non dairy alternatives
 - Juices • Herbal teas
- 3 Foods**
 - Broth soups
 - Yogurt, cottage cheese
 - Fruits such as berries and watermelon
 - Vegetables such as tomato, celery, zucchini ... and many more!

Simple Dehydration Self-Check



Check your thirst:

Do you feel thirsty?
Do your mouth or lips feel dry?



Check your urine (it should be pale yellow):

Is your urine dark yellow and have a strong smell?
Are you producing little urine throughout the day?



Check how you feel:

Do you feel dizzy or light-headed?
Do you have a headache?

If you answered "yes" to one or more of these questions, you may not be drinking enough. Drink some fluids to rehydrate!

Tips to Consume More Fluids



Try fruit, vegetable or herb infused water!



Take sips of water while eating meals & snacks



Eat a fruit or vegetable at every meal



Dilute your juice!

Limit these Fluids



Beverages high in sugar and energy drinks



Limit drinks with caffeine to 3 cups/day



Non-sweetened, carbonated drinks are a good water alternative but be mindful of bloating & burping