

Better You All About Hydration



Water is a vital nutrient. It allows our body's cells to grow, reproduce and survive. We need water to help us absorb the food we eat, break down and transport proteins and carbohydrates, and excrete waste from the body

The body's many uses of water:

- Energy production
- Metabolism
- Lubricate joints
- Temperature regulation
- Waste removal
- Blood pressure regulation

Thirst can be confused with hunger.

Sometimes thirst is confused with hunger because the physical sensations are similar in the body. The next time you think you are hungry, try drinking a glass of water and waiting 10 minutes, then check in with yourself again. One glass of water has been shown to stop late night hunger pangs.

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Symptoms of dehydration:

(Symptoms that are the same as hunger are fatigue, irritability, dizziness and a headache)

- Fatigue, weakness
- Irritability
- Dizziness
- Headache
- Dry or sticky mouth
- Dry skin
- Constipation
- Dark yellow urine or a decrease in urination



How much is enough?

Recommended intakes for total water intake (from foods, water and other fluids) is:

- 9 cups per day for women
- 13 cups per day for men

Best sources for hydration:

- Plain water in any form (bottled, tap, filtered)
- Calorie-free flavored water
- Decaffeinated teas and coffee

Next steps for personal hydration goal:
