



## FOOD MEDICINE

### Every Bite Matters

## WATER & HYDRATION

### DO YOU DRINK ENOUGH WATER?

- Water is an essential nutrient- we need it to live.
- Drinking at least eight 8 oz. glasses of water (64 oz.) each day is a good start to staying hydrated.
- Dehydration occurs easily and happens when your body loses more water than it takes in. It is a contributing factor to many chronic diseases.
- Signs of dehydration include: headaches, dry skin or lips, muscle cramps, joint soreness, constipation, restlessness, and loss of energy.
- Clear urine is a great way to show you're well hydrated.

### HEALTH BENEFITS OF DRINKING WATER

#### Cushions and Lubricates

Water acts as a cushion that protects the brain and spine from damage. It also helps keeps joints moving by offering lubrication.

#### Improves Daily Functioning

Your body is made of about 70% water. Drinking water helps your body function normally, gives you energy and keeps your brain sharp!

#### Regulates Body Temperature

When your sweat evaporates your body is able to cool itself down.

#### Flushes Toxins

Water plays a key role in ridding the body of toxins. Your kidneys use water to do their job of flushing waste from your system.



### DID YOU KNOW?

- Water has zero calories and contains no added sweetener.
- Water filters can help with taste.
- Fruits and veggies have a lot of water and eating them, along with other nourishing foods, contribute to your daily intake. On the other hand, processed foods or foods with a lot of sodium (salt) can dehydrate you.

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# WATER & HYDRATION

## OTHER BEVERAGES

Drinking too many non-water beverages can be harmful. Many beverages contains too much added sugar, synthetic sweeteners, excessive caffeine and other ingredients.

### 1 Juices

- Many fruit drinks contain less than 20% actual fruit juice.
- Look for options labeled “100% fruit juice.”
- Determine how much added sugar is contained.
- Make fruit juice yourself using real fruit!

### 2 Sports Drinks

- Great for replenishing electrolytes after strenuous exercise
- Drinking these can do more harm than good.
- Many contain up to half the amount of added sugar as a regular soda – upwards of 11 teaspoons in just one serving!

### 3 Regular or Diet Sodas

- Minimize consumption of any type of soda.
- Certain ingredients found in soda can disrupt metabolism and cause weight gain.

### 4 Coffee

- Be mindful of sweeteners and creamers added to specialty coffee drinks.
- Extra added sugar or synthetic sweeteners can be dehydrating.

### 5 Tea

- Contain close to the amount of added sugar in regular sodas.
- Experiment with unsweetened, decaffeinated and caffeinated teas by mixing in sugar, honey or cream.

### 6 Energy Drinks

- Can contain the same amount of added sugar, or more, than regular sodas.
- Can contain high doses of caffeine and can be extremely dangerous and very dehydrating.
- Can contain synthetics that have been shown to be harmful.

## MAKING THE SWITCH

- All too often we are consuming plenty of fluids but drinking fluids that do not have any nourishing benefits.
- Carry a reusable water bottle with you and refill it with water when it is low.
- Add some fruit to flavor your water. Try berries, slices of lemon or cucumber or mint.
- Missing the fizz? Try using plain sparkling water with a splash of fruit juice.
- Keep cold water in the fridge so it is easy to reach for when you want it.
- Don't like the taste of your tap water? Try using an inexpensive water filter.
- Do not wait to feel thirsty! Take sips throughout the day to ensure you stay hydrated.
- Before exercising, which can cause dehydration, make sure your urine is on the clearer side.