

Hydration Handout

This Hydration Handout is designed to help you track your daily fluid intake and ensure you are staying adequately hydrated.

Why Water is Important?

Water is essential for numerous bodily functions, including:

- Regulating body temperature.
- Aiding digestion and nutrient absorption.
- Lubricating joints.
- Flushing waste and toxins from the body.

To keep your body hydrated, aim for a fluid intake of about:

- 3 L (12 cups) for men 19 years old and over each day.
- 2.2 L (9 cups) for women 19 years old and over each day.

Tips to Staying Hydrated:

- Carry a reusable water bottle with you throughout the day as a reminder to drink water regularly.
- Set reminders on your phone or computer to drink water at scheduled intervals.
- Flavor water with slice of lemon, cucumber, or mint to enhance taste and encourage consumption.
- Drink fluids before, during, and after physical activity to replenish lost fluids.
- Consume hydrating foods such as fruits and vegetables.

Did you know?

- Mild dehydration can impair cognitive function and mood.
- Thirst is not always a reliable indicator of dehydration, especially in older adults.
- Drinking water can help reduce calorie intake and promote weight loss.
- Infants and children are at a higher risk of dehydration due to severe diarrhea and vomiting.
- Clear, light yellow urine typically indicates adequate hydration, while dark yellow, foul-smelling urine signals dehydration.

Hydration Foods:

In addition to water, the following foods are high in water content and can contribute to your daily fluid intake

- Watermelon
- Cucumber
- Oranges
- Strawberries
- Lettuce

Disclaimer: This handout is for informational purposes only and is not intended to replace medical advice. Always consult your healthcare provider for personalized guidance on hydration and overall health management.

Reference: Dietitians of Canada. (2014). [Guidelines for drinking fluids to stay hydrated](#)

Mayo Clinic. (2021). Dehydration - Symptoms and Causes. [Dehydration](#)

