Fluid Hydration

Why it is important
Regulates body temperature, lubricates joints, delivers nutrients to cells, and keeps organs functioning properly.

How much you need
8-10 cups per day for women
11 - 14 cups per day for men
Drink more when exercising or sweating excessively.

Tips & Tricks

What counts as a fluid
Many beverages or frozen liquids can count towards your daily fluid goals including water, seltzer water, coconut water, milk, plant-based milk, broth, gelatin, fruit juice, decaffeinated coffee and tea, herbal tea, and sorbet.

Avoid sugar-sweetened beverages
While sugar-sweetened beverages can contribute to fluid intake, they are often associated with negative health consequences such as weight gain, heart disease, type II diabetes, tooth decay, and non-alcoholic fatty liver disease.

Some foods can count towards your water intake
Cucumbers, melon, berries, celery, tomatoes, iceberg lettuce, and a variety of soups are foods that have a high water content and can contribute towards your daily fluid goals.

Try electrolyte powders
Electrolytes can improve the absorption of water in the body leading to better hydration. Electrolyte powders are added to your water and come in a variety of flavors and include minerals sodium, potassium, magnesium, and calcium. Look for low-sugar or naturally-sweetened powders.

ASK YOUR DOCTOR OR DIETICIAN ABOUT YOUR PERSONAL HYDRATION GOAL