

TIPS FOR HYDRATION

- Have a glass of water with every meal and snack. Beginning your meal with a glass of water also helps curb your appetite.
- Choose beverages that you enjoy. Several studies show adults consume 45% to 50% more liquid when it's flavored vs. plain water.
- Eat more fruits and vegetables. Many fruits and vegetables have a high water content, which makes them a great option for helping you meet your hydration needs.
- Don't exclusively rely on thirst. Medications or other health conditions can make you feel less thirsty. Drink throughout the day.
- Keep a water bottle or beverage at your desk, in your car, in your bag or wherever you will be reminded to drink.
- Keep beverages at moderate temperature. Fluids served at room temperature tend to be consumed in greater volumes.
- Choose beverages that fit your activity level and lifestyle. If you are watching your calories, consider choosing a low-calorie beverage or create your own refreshing light beverages.