Heal
Hydr
ation
Benefits of Making Water Your Default
• **Fluid Balance:** Your body is 60% H2O! Getting enough water helps transport nutrients, regulate temperature, and digest food more efficiently.
• **Muscle Fuel**: replaces water lost as sweat

• **Thermostat**: helps keep your temperature normal

• **Clearer Skin**: Helps flush out toxins that may cause blemishes
• **Kidney Functions:**
  Process 200 quarts of blood, sift out waste, and transport urine

• **Productivity Boost:**
  Helps you stay alert and refreshed

• **Sickness Fighter:**
  Helps prevent dehydration and congestion
• **Brain Boost:** Memory and concentration perform better
Know What Counts
Hydration happens through drinking water and eating food.
Water Recommendations

Females (19-30yrs)
2.7L~92oz

Males (19-30yrs)
3.7L~125oz
Water Content in Food

About 20% of your fluid intake comes from food.
<table>
<thead>
<tr>
<th>PERCENTAGE</th>
<th>FOOD ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-99%</td>
<td>Cantaloupe, Strawberries, Watermelon, Lettuce, Cabbage, Celery, Spinach, Squash (cooked)</td>
</tr>
<tr>
<td></td>
<td>80-89%</td>
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<td>-------------------------------</td>
</tr>
<tr>
<td>Fruits</td>
<td>Apples</td>
</tr>
<tr>
<td></td>
<td>Oranges</td>
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<tr>
<td></td>
<td>Grapes</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td>Broccoli (cooked)</td>
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<tr>
<td></td>
<td>Pears</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
</tr>
</tbody>
</table>
Tips to Drink More Water
• Buy a reusable water bottle and bring it everywhere
• Choose water at restaurants (plus it’s free)
• Set reminders in your phone that tell you to drink up every hour
• Grab some coconut water instead of sports drinks if you need to replenish electrolytes.
• Mix it up with flavored carbonated waters like seltzer or sparkling.
The Color of Pee

Urine may have a variety of colors. It usually ranges from a deep amber or honey color to a light straw color, with many golden variations in between. The color of urine can tell you a lot about your body. Here's a chart of urine colors and what they indicate:

**No Color. Transparent.**
You're drinking a lot of water. You may want to cut back.

**Pale Straw Color.**
You're normal, healthy and well-hydrated.

**Transparent Yellow.**
You're normal.

**Dark Yellow.**
Normal. But drink some water soon.

**Amber or Honey.**
Your body isn't getting enough water. Drink some now.

**Syrup or Brown Ale.**
You could have liver disease. Or severe dehydration. Drink water and see your doctor if it persists.

**Pink to Reddish.**
Have you eaten beets, blueberries or rhubarb recently? If not, you may have blood in your urine. It could be nothing. Or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Maybe even lead or mercury poisoning. Contact your doctor.

**Orange.**
You may not be drinking enough water. Or you could have a liver or bile duct condition. Or it could be food dye. Contact your doctor.

**Blue or Green.**
Okay, this is different. There is a rare genetic disease that can turn your urine blue or green. Also certain bacteria can infect the urinary tract. But it's probably a food dye in something you ate. Or a medication. You won't die from it, but see your doctor if it persists.

**Purple.**
There's no such thing as purple urine.

**Foaming or Fizzing.**
A harmless hydraulic effect, if occasional. But could indicate excess protein in your diet or a kidney problem. See a doctor if foaming happens all the time.
Adding Flavor to Your Water
• Add a splash of juice to your water
  • Adding a little orange juice or lemonade can add just enough flavor to your water

• Steep Herbs
  • Soak mint leaves or crushed basil in your water to add a little freshness
• Add Flavored Ice Cubes

• Freeze coffee, tea, juice, or even crushed berries and add them to your H2O
• Mix seltzer water with your juice
• Mix 1 part orange juice with 2 parts grapefruit seltzer water
• Grab a cup of tea instead of coffee
• Some tea bags have caffeine
Fruit Infused Water

- Add slices of orange, lemon, or lime to your water
- Add a handful of fresh berries
- Add cucumber
10 HEALTHY WAYS TO INVIGORATE YOUR WATER

- Chia Seeds: Strengthens teeth
- Fresh Mint: Treats nausea
- Aloe Vera Juice: Relaxes stress
- Cucumber: Cools & hydrates
- Lemon or Lime: Boosts immunity
What are added Sugars
Sugars and syrups that are added to foods or beverages when they are processed or prepared. This does NOT include naturally occurring sugars such as those in milk and fruits.
How to Identify Added Sugars
* Anhydrous dextrose
* Dextrose
* Fructose
* High Fructose corn syrup
* Invert Sugar
* Lactose
* Sucrose
* Cane Juice
*Evaporated Corn sweetener
*Fruit juice concentrate
*Crystal dextrose
*Glucose
*Fruit nectar

**FDA does not recognize some of these names as sugars but they may appear on labels**
THE 56 NAMES OF SUGAR

Cane sugar
Dextrose
Caramel
Galactose
Maltoose
Corn syrup solids
Dehydrated cane juice
Diatase
Florida crystals
Sorbitol
Yellow sugar
Rice syrup
Muscovado
Golden sugar
Honey
Turbinado sugar
Icing sugar
Dextran
Buttered syrup
Corn syrup
Confectioners’ sugar
Maltose
Diastatic malt
Dextrose
Maltoose
Malt sugar
Sorghum syrup
Panocha
Raw sugar
Maple syrup
Sugars (granulated)
Fructose
Mannitol
Saccharin
Sucrose
Turbinado sugar
Grape sugar
Golden syrup
Glucose
Ethyl maltol
Golden syrup
Date sugar
Barley malt
Refiner’s syrup
Fruit juice
Ethyl maltol
Barbados sugar
Why Worry About Too Much Added Sugar
• Tooth Decay
  (cavities)
• Increased Triglycerides
  (increased risk of heart disease)
• Excessive Weight Gain (more likely to consume more)
• Empty Calories (no nutritional value)