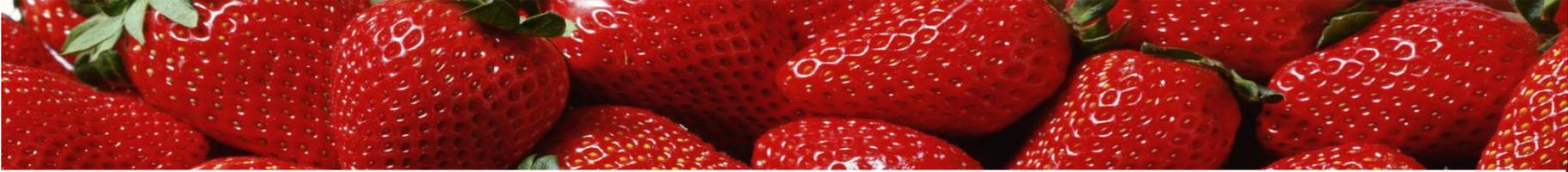


Heal

they

Hydar

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

PERCENTATGE

FOOD ITEM

90-99%

- Cantaloupe
- Strawberries
- Watermelon
- Lettuce
- Cabbage
- Celery
- Spinach
- Squash (cooked)

80-89%

Apples
Oranges
Grapes
Carrots
Broccoli (cooked)
Pears
Pineapple

70-79%

Bananas
Avocado
Potato (cooked)
Corn (cooked)



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.



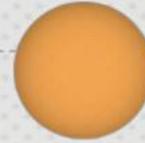
SYRUP OR BROWN ALE.

You could have liver disease.
Or severe dehydration. Drink water and see your doctor if it persists.



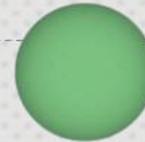
PINK TO REDDISH.

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.



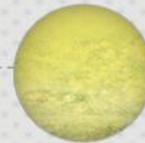
BLUE OR GREEN.

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

- 

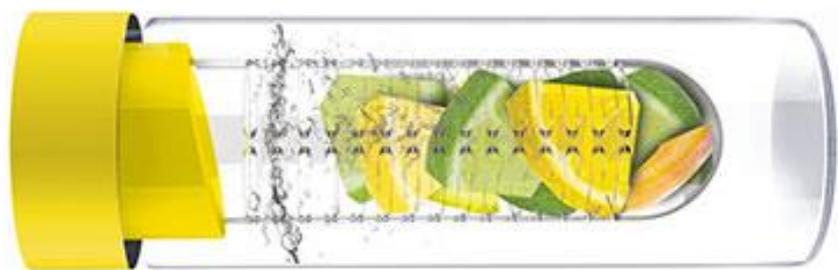
Fresh Mint
Treats nausea
- 

Aloe Vera Juice
Relaxes stress
- 

Chia Seeds
Strengthens teeth
- 

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

Buttered syrup
Brown sugar
Corn
Cane juice
Corn syrup
Cane sugar
Dextrose
Caramel
Corn syrup solids

Beet sugar
Confectioners' sugar
Dehydrated cane juice
Galactose
Fruit juice concentrate

Agave nectar
Demerara sugar

Maltodextrin
Diastatic malt
Diatase
Maltose

Fructose
Malt sugar
Mannitol
Florida crystals
Sorbitol
Molasses

Sucrose
Sorghum syrup
Treacle
Yellow sugar

Carob syrup
Lactose

Castor sugar
Barbados sugar

Panocha
Raw sugar
Muscovado
Rice syrup

Golden sugar
Glucose solids

Grape sugar
Maple syrup
Honey

Refiner's Syrup
Sugar (granulated)
Turbinado sugar

Golden syrup
Fruit juice
Icing sugar
Dextran

Glucose
Date sugar
Ethyl maltol



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)