



GETTING HYDRATED



Check out the content each day. Scan QR code for details:

1

Daily water goals:
women 11 ½ cups
men: 15 ½ cups

2

Add flavor to
water with fruit
like this Kiwi Mint
Water recipe

3

Adults are about
60% water, so
hydrations plays a
role in processes
all over the body

4

Check those labels
and aim to avoid
added sugar and
sugar substitutes
in your drinks

5

Check out this
video with tips to
hydrate from our
Registered
Dietitians

6

With more activity
and warm days,
more water is
needed

7

All About Sports
Drinks

8

Signs of
dehydration:
thirst, dry mouth,
headache, fatigue,
dizziness,
dark urine

9

Hydrate with this
refreshing
Cucumber Gimlet
Mocktail recipe

10

Some foods have
a high water
content, so they
are hydrating too

11

Cucumbers are
96% water and
are delicious in a
Peach &
Cucumber Salad

12

Hydration helps
regulate body
temperature, so if
you sweat, drink
water to replenish

13

Use a reusable
water bottle to see
how many times
you need to finish it
to meet daily water
goals

14

Tomatoes are
94% water and
provide a variety
of other health
benefits

15

5 Ways to Use
Tomatoes Article

16

Hydration helps to
support regular
digestion

17

Add a glass of
water somewhere
in your routine
(after waking up,
before dinner)

18

Some drinks
like alcohol, coffee
& soda can lead to
dehydration.
Balance these with
water.

19

Radishes are
95% water!

20

Check out these
5 ways to use
radishes

21

Add hydrating
fruit to oatmeal,
yogurts, salads or
a snack between
meals

22

Smoothies are a
great way to get a
variety of nutrients
from fruit while
hydrating too

23

Add excitement
and hydration to
your menu with
this Cherry Lime
Herb Mocktail

24

Electrolytes have
many important
jobs in the body
and water
supports them

25

Yogurt provides
gut-supporting
probiotics and it
hydrating too

26

Enjoy yogurt in a
Yogurt Ranch
Dressing

27

Watermelon tops
the charts of
hydrating foods

28

Try this
watermelon salad
at your next BBQ
for a hydrating
side

29

Water helps
the kidneys and
liver to filter
waste and toxins
out of the blood

30

"Thousands
have lived without
love, not one
without water."
-W.H. Auden