Drink to Your Health!

About How Much Fluid Do We Need Each Day?
(Circle the number of glasses below)

We lose fluids daily in –

Urine  4 – 6 cups
Sweat 2-3 cups
Breathing- 1 ½ cup
Bowel movements – 2/3 cup

We get fluid into our bodies from –

Drinking
Solid Food
Cell Metabolism
Here are ways to increase fluid intake
Check mark the ones you will use

☐ Fill pitcher or water bottle daily
☐ Eat low sodium soup
☐ Drink water at coffee breaks
☐ Buy bottled water
☐ Serve water, milk or juice with meals and snacks
☐ Never pass a water fountain without drinking
☐ Have sparkling water with lemon instead of alcohol

Some Healthy Fluids Are –

◆ Milk or Fortified Soy Milk
◆ Juice
◆ Water

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