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