



# HYDRATION

Did you know that water makes up around 60 percent of the human body?

Every cell, tissue, joint, and organ in your body needs water to work! Your body loses water when you sweat, breathe and go to the bathroom. To make sure your body has all the water it needs to function properly, it is important to drink enough water every day to replace the water you lose.

**EAT BETTER. LIVE BETTER.**

## TIPS TO HELP YOUR FAMILY STAY HYDRATED!

- » **Let kids pick out their own water bottle.**  
They'll be more excited to carry it to school, sports, day trips and other activities.
- » **Be mindful of the type of beverage you choose.**  
Water should be chosen often. Beverages with added sugar or calories, but few other nutrients, should only be consumed occasionally.
- » **Sip on small amounts of water or sugar-free beverages throughout the day, rather than large amounts at one time.**  
Fill up a reusable water bottle at the beginning of the day to sip on throughout the day.
- » **If you don't enjoy fresh water, add a bit of flavor to it.**  
Sliced lemon, fresh fruit or herbs like mint infuse water with flavor. Sugar-free drink mixes like Crystal Light will also add flavor without calories or sugar.
- » **Don't wait until you are already thirsty.**  
Feeling thirsty is a sign that your body is already on the way to dehydration.
- » **How much water do you need?**  
Fluid needs vary by age, gender and activity level. The fluids found in foods and beverages can also help meet total daily water needs.

## RECOMMENDED DAILY WATER NEEDS

- » **Children 4–8 years old:**  
~7 cups/day
- » **Children 9–13 years old:**  
~8–10 cups/day
- » **Children 14–18 years old:**  
~10–14 cups/day
- » **Adults:**  
~11–16 cups/day

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.