

# STAYING HYDRATED



## Fuel Your Family

### What Should You Drink?

- Water! Water should be your beverage of choice.
- Limit sugary drinks!

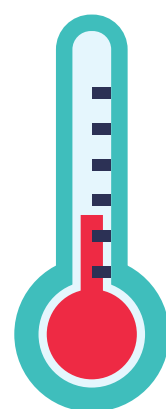


### How Much Water do You Need?

- Everyone's needs are different. Ask your health care provider how much water you should drink daily.
- **Signs of dehydration:** thirst, dry mouth, dark yellow urine, dry and cool skin, headache, and muscle cramps
- Drink **before** you feel thirsty

### Water Benefits

- Body temperature regulation
- Lubricate and cushion joints
- Protect spinal cord and other sensitive tissues
- Helps get rid of body wastes



### Times to Drink More Water



- Hot weather
- Increase in physical activity
- Running a fever
- Experiencing diarrhea or vomiting

### Tips to Stay Hydrated

- Carry a water bottle
- Choose water when eating out
- Choose water instead of sugary beverages (i.e., soda)
- Add lemon or lime to add a "zing" to your water



Sources: <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>,  
<https://www.nal.usda.gov/fnic/how-much-water-should-person-drink-day>,  
<https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>

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