



NUTRITIONAL SUPPORT

hydration



How much do I need?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- **About 15.5 cups (3.7 liters) of fluids a day for men**
- **About 11.5 cups (2.7 liters) of fluids a day for women**

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

What's the benefit?

- **Improves Brain Performance** - Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time.
- **Digestive Harmony** - Your body needs water in order to digest food properly.
- **Increased Energy** - Dehydration can slow down circulation and affect the flow of oxygen to your brain
- **Weight Management** - Since it provides a sense of fullness, water can help you feel satisfied in between meals—instead of heading to the snack cupboard.
- **Kidney Function** - Kidney stones are clumps of mineral crystals that form in the urinary tract.
- **Healthier Heart** - When you don't drink enough glasses of water, it becomes concentrated, which can cause an imbalance of vital minerals (electrolytes).
- **Fewer Headaches** - Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some individuals.
- **Healthy Joints** - Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a "cushion" between the bones.
- **Improved Detoxification** - Sufficient water intake supports your body's natural detoxification systems.

Here's What You Can Do....

- Carry a reusable water bottle with you during the day
- Choose water at meals and in between instead of things with lots of added sugars
- Try adding sliced lemon or lime for a little added flavor; other fruits also work too!
- Set a goal of how much water you want to drink and write it down at your desk