Drink More Water

Tips to Stay Hydrated!

- Drink water with meals and snacks
- Carry a water bottle when you are on the go
- Keep a pitcher of water close by at home
- Order water when eating out at restaurants
- Make it fun. Use a straw!
- Infuse plain water with fruits, veggies, and herbs, like cucumbers and mint
- Like bubbly beverages? Try seltzer!
- Eat more fruits and veggies! They contain lots of water!

Helpful Hints

If you are thirsty, you are probably on your way to becoming dehydrated! The color of your urine shows you if you are well hydrated. It should be clear or pale yellow. If it’s not, it’s time to grab some refreshing water!

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