

Health tip: Hydration & healthier beverages



Water is very important to our bodies, but just how important is it? Water makes up over 60% of an adult's body and it plays an important role in your body's function.¹ Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water facts^{1,2}



60%

Water makes up about 60% of your body weight



**11.5-16.5
cups of
total fluid**

per day is suggested for healthy adults

Signs of dehydration³

- Chills
- Flushed (red) skin
- Headache
- Dizziness
- Fatigue
- Dark yellow urine or not urinating much

Preventing dehydration³

- Fill that water bottle – don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat – replenish electrolytes with sports drinks
- Change it up – increase water intake by flavoring your water with lemon

Check the label for hidden sweeteners.⁴

Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients:

- | | |
|----------------------------|--------------|
| • High fructose corn syrup | • Syrup |
| • Fructose | • Corn syrup |
| • Fruit juice concentrates | • Sucrose |
| • Honey | • Dextrose |
| • Sugar | |

Why do we need water?¹

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water rids the body of waste
- Water protects the spinal cord

How much fluid should I drink?²

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily



Make a splash

Fun ways to flavor your water

Bored with plain water? Try adding fruit and other natural flavorings for something new.

Mix and match. Whether it's a full pitcher or just a glass, get creative.

Freeze your fruit

Add frozen berries for flavor and color or freeze pureed fruit or 100% juice in ice cube trays.

- **Very Berry**
- **Mango Delight**
- **Marvelous Melon**

Squeeze in citrus

Cut fruit into wedges or slices – or just splash the juice in.

- **Lemon Lover**
- **Luscious Lime**
- **Orange Fusion**

Go herbal

Add unique flavors with chopped or whole herbs and spices.

- **Minty Refresher**
- **Juicy Ginger**
- **Basil Sipper**



Sources:

¹ Academy of Nutrition and Dietetics. <https://www.eatright.org/health/essential-nutrients/water/how-much-water-do-you-need>. 2024. Accessed June 2026.

² Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>. 2026. Accessed June 2026.

³ Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>. 2025. Accessed June 2026.

⁴ CDC. <https://www.cdc.gov/healthy-weight-growth/rethink-your-drink/>. 2026. Accessed June 2026.

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