



Remember the old advice to drink 8 cups of water a day? Its time to let that advice go and realize that everyone is different. Health, activity, gender, exposure to heat, and even what you eat can all impact how much water someone needs.

Water serves very important roles in our bodies and losing a small percentage of body fluid can lead to a drop in energy levels, weakness, poor mood, and physical performance. Staying well-hydrated can help reduce the risk of kidney stones, urinary tract infections, headaches, constipation, and even promote a healthy weight.

### **How Much Fluid Should I Drink?**

In order to calculate the right amount of fluid for you, divide your body weight in half. This is a rough estimate of the number of ounces you should strive for daily.

Exercise and diet may change these needs. If you are an athlete or do strenuous exercise you need to increase your fluid intake to account for losses through sweat.

### **What Counts as Fluid?**

20% of our fluids needs are met through the diet from items such as fruits, vegetables, soups, grains, and dairy products, the other 80% comes from what we drink. Most of your fluids should be from water but other fluids can be healthy options as well. At Seattle Sutton's Healthy Eating, we also recommend:

- Unsweetened Coffee or Tea
- Fat-free or Low-fat Milk
- Fortified, Unsweetened Plant-based Milk
- Low-sodium Vegetable Juice
- Seltzer Water

### **What Fluids Should I Avoid or Limit?**

It is best to stay away from regular or diet soda, sweetened tea, fruit drinks such as Vitamin Water, Hi-C, or sweetened coffee drinks. These drinks may impact your health, add empty calories. and lead to more sugar cravings throughout the day.

### **Hydration Tips**

Simple ways to increase your fluid intake include carrying a refillable water bottle, adding slices of fruits or vegetables to your water, and drinking a glass at every meal.