

Water is an essential nutrient for good health—we can't survive without it. On average the adult human body is made up of 60 to 70% water. Water helps us keep cool, helps digest food, helps nutrients travel through our body, helps clear waste from our body and provides a cushion for our joints and organs. Whether you're at home, at work or being active, staying well hydrated can make a difference in how you feel and perform.

Write down the ways that will help you choose water every day:

- 1 Eat a healthy breakfast every day
- 2 Re-think your snack
- 3 Be active every day
- 4 **Choose water**
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies
- 8 Watch less TV



CHOOSE WATER

Water is the Motiv8
beverage of choice!

For more information visit
www.eatwellgetfitlivelife.ca

Adapted and reprinted with permission
from KFL&A Public Health



ARE YOU DRINKING ENOUGH?

Dehydration happens when we do not drink enough. We can become thirsty, irritable, light-headed, faint, and tired when we become dehydrated. A very easy way to check to see if you are drinking enough is to look at the colour of your urine. If your urine is pale yellow (colour of lemonade) you are well hydrated. If your urine is dark yellow (colour of apple juice), then you need to drink more. Try having a glass or two of water the next time you're feeling tired and see if you feel more energized.

WHAT OTHER DRINKS CAN YOU CHOOSE?

Water should be the first choice to quench our thirst. It is natural, refreshing, has no calories and is sugar free. It should also make up the bulk of our daily fluid intake.

Low fat milk or fortified soy beverage and 100% fruit juice are other good choices to help you stay hydrated. Canada's Food Guide recommends we have 2 cups (500 mL) of low fat milk or fortified soy beverage a day.



Currently, there are no recommendations for the amount of juice we should have in a day. A food guide serving of juice is ½ cup (125 mL). Canada's Food Guide recommends we choose vegetables and fruit more often than juice to get more fibre, which will help us feel full and satisfied. So choose 100% fruit juice in limited amounts.

Replacing high calorie soft drinks and fruit drinks with something your body needs, like water, low fat milk, fortified soy beverage or 100% fruit juice will help you get and keep a healthy weight.



Some tips to help you cut calories and increase your daily intake of healthier beverages, especially water:

- Keep a pitcher of water filled in the refrigerator or next to your bed.
- Keep a reusable bottle of water at your desk.
- Turn on the tap! Tap water is cheaper than bottled water and environmentally friendly. If your drinking water comes from a well, it's important to have your well-water tested for bacteria a minimum of three times per year.
- Enjoy a glass of low fat milk or fortified soy beverage at your next meal.
- Start your day with a glass of water and 125 mL (½ cup) of 100% fruit juice.
- Try sparkling water or low sodium club soda with a slice of lemon, lime or orange for a bubbly low calorie beverage.
- Drink a glass of water before eating your meal.

Drink
tap
water

Enjoy
100% fruit
juice

Try
sparkling
water