



What Counts



Fueling up on Fluids

Water is needed for almost every chemical reaction in the body. In fact, water makes up about 80% of our muscles, 60% of our red blood cells and more than 90% of our blood. It:

- Keeps your body temperature regulated through perspiration.
- Cushions your organs and joints and acts as a lubricant for your body.
- Carries oxygen and nutrients to the cells and removes waste from your body.
- Helps dissolve nutrients including vitamins and minerals so they can be used.
- Helps ensure regular bowel activity.
- Helps curb your appetite.
- Ensures optimal performance levels when exercising and helps keep energy levels up.

That's why it is so important to drink 8-8 oz glasses (64 oz or 2 quarts)



of fluids daily. Do not rely on thirst as an indicator of fluid needs. Once you feel thirsty you are already dehydrated. Signs and symptoms of dehydration include: impaired concentration, headache, irritability, fatigue, and even hunger. Thirst is often mistaken for hunger.

Water

The **best choice** especially if you are concerned about your weight. It is calorie free and just what your body needs to stay hydrated.

Other good calorie free choices are:

- Club Soda
- Unsweetened, Flavored Seltzers
- Sparkling or Mineral Water



Other healthy options are:

- 100% Fruit and Vegetable Juices
- Milk, 1%, Skim, or Soy
- Herbal Teas
- Other Decaffeinated and Alcohol Free Beverages
- Clear Broth

