Water is good for you!

Our bodies need water to stay healthy.

Make a habit of drinking water every day. You should drink 6 to 8 cups of liquids. At least 3 or 4 of those cups should be water.

You will not always feel thirsty when you need more water. Here are some ways your body signals that you need more liquids:

- You have a dry tongue and mouth
- You feel confused and tired
- You have less urine, and it is darker and has a strong smell
- You feel light-headed or dizzy when you get up from bed or a chair
- You feel constipated

You should drink water when:

- Your home is hot, or you are outside in hot weather
- You are exercising
- You are taking fluid pills
- You have a fever, are vomiting or have diarrhea
- Your blood sugar is high
- You are eating a lot of fibre

■ How to drink more water

- Start gradually. Drink a little more than usual each day. It will take time for your body to get used to the extra water.
- Drink hot, warm or cold water. If you like cold water, keep a bottle or jug of water in the fridge.
- Try to remind yourself to drink water. Keep a water glass on your table where it is easy to reach.
- Drink water when you get up in the morning. We are naturally thirsty when we first wake up.
- Make a habit of drinking at least one glass with your meals and snacks. Try to take small sips between each bite.
- Try using a straw. Or try drinking from a sports bottle with a straw.
- Clean your straws, bottles and glasses every day. Wash your drinking glass a few times during the day.
- Add flavour to your water. Try adding a slice of lemon.





Water is good for you!

Our bodies need water to stay healthy. (cont'd)

Other things you can drink:

- fruit juices
- milk
- soy or rice drinks
- soft drinks
- herbal tea
- · decaffeinated coffee or tea

You can also eat soup, popsicles and Jell-o.

They are mostly liquid.

What if I am diabetic or overweight?

- Choose sugar-free drinks
- Switch from juice or regular drinks to diet drinks and sugar-free popsicles.

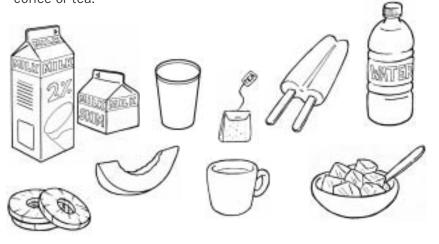
What about alcohol?

- Limit the amount of alcohol you drink.
- Ask your doctor if it is safe for you to drink alcohol.

What about coffee and tea?

 Don't drink more than 3 or 4 cups of coffee and tea with caffeine each day. Caffeine draws water out of your body. If you drink regular coffee or tea, you need to drink more water.

 You can drink more herbal teas and decaffeinated coffee or tea.





TIP

Make a habit of drinking water every day. Drink 6 to 8 cups of liquid.

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