

# Hydration 101

Healthy Adults

## You Are What You Drink

Water accounts for approximately  
**60% of adult body weight**

and is an essential nutrient. Water plays a role in many vital processes throughout the body, including:

Structure & Cushioning. Temperature Regulation. Lubrication.  
Metabolism & Digestion. Cardiovascular Function.<sup>1</sup>

## Do You Drink Enough?

Fluid recommendations may vary depending on factors such as age, gender, and level of activity

Recommended daily total intake of fluid for adults - food and beverages both contribute.<sup>1</sup>

MEN  
**2.5L**  
per day

WOMEN  
**2L**  
per day

## Eat H<sub>2</sub>O Rich Foods

The food we eat is also part of the hydration equation and normally adds 20% - 30% to our total fluid intake.<sup>1,2</sup>

Water content of food varies\* and can be as high as the following<sup>3</sup>:



60%

Beef, Chicken & Pork



80%

Eggs



95%

Fruits & Vegetables



50%

Cheeses



80%

Fish & Seafood



40%

Breads

## All Beverages Count

Moderate consumption of caffeine-containing beverages do not lead to dehydration and count toward daily fluid intake!<sup>4,5</sup>

It can be fun to try new beverages, just be mindful of calories and limit caffeine to 400mg per day (200mg during pregnancy).<sup>6</sup>



\*Depending on how these foods are eaten and any potential cooking method, these values may change.

## Dehydration, Know the Symptoms and Warning Signs

The effects of dehydration can start at 1-2% body weight loss.<sup>1</sup>



Dry mouth, and/or cracked lips



Headache



Increased body temperature



Fatigue



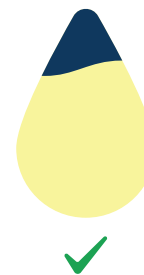
Dizziness & lightheadedness



Loss of appetite

## Let Your Urine Be the Judge

A fairly reliable method to tell if you're adequately hydrated is by inspecting your urine color and quantity.



If your urine is dark like apple juice, you need more fluids. If it's pale like lemonade, that's a sign of proper hydration. Similarly, a pattern of low urine output may also indicate dehydration and a need for more fluids.

## Develop Daily Hydration Habits

Creating daily hydration habits and reminders will help you stay on track to optimal hydration!

- Jump start your day and replenish at the end of the day with a beverage.
- Set an alarm on your mobile phone or calendar to remember to drink fluids.
- Keep a glass or reusable bottle nearby to provide easy access to fluids at all times.
- Remember to drink more fluids when physically active and when you are in hot and humid climates.
- Children and older adults tend to not meet their daily recommendations, so make sure everyone drinks enough fluid.<sup>7,8</sup>

**Remember:** The amount of water that you take in should equal the amount you lose, not too much or too little.



### References:

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