

# Staying Hydrated

Good nutrition is important at any age



**Drinking enough fluids will help keep you hydrated** and can prevent headaches, dizziness, fainting, and constipation.

Drink **8 cups** of fluids each day.  
1 cup is equal to 250 mL.

## STAYING HYDRATED

**Water is the best choice for staying hydrated.** Other fluids include milk, coffee, tea, and soup.

### Tips to increase your fluid intake:



Keep a bottle or glass of water nearby, and refill it when needed



Drink a glass of water when you wake up



Drink fluids during meals and snacks



Drink more fluids in hot weather and when you are active



Flavour your water with berries, lemon, or cucumber

## SIGNS OF DEHYDRATION

Dehydration happens when you lose more fluid than you take in. It is important to drink fluids even before you feel thirsty, as not everyone experiences the same signs of dehydration.

Signs that you may be dehydrated:

- Thirst
- Dry lips and dry mouth
- Flushed skin
- Headache
- Dizziness and fainting
- Dark yellow, strong-smelling urine
- Low blood pressure
- Increased heart rate

## SIMPLE SELF-CHECK

Questions to ask yourself to check if you are drinking enough:



### Check your thirst:

- Do I feel thirsty?
- Do my mouth or lips feel dry?



### Check your urine (it should be light yellow):

- Is my urine dark yellow and does it have a strong smell?
- Am I producing little urine throughout the day?



### Check how you feel:

- Do I feel dizzy or light-headed?
- Do I have a headache?

**If you answered “yes” to one or more of these questions, you may not be drinking enough. Drink some fluids to rehydrate!**

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