



Drink Water for Health



Why do we need water?

Water is a part of every body cell, tissue, organ, and body process, and is important in these body functions:

- regulates your body temperature
- removes wastes from the body
- carries nutrients, oxygen and glucose to the cells to give you energy
- provides natural moisture to skin and other tissues
- cushions joints and helps strengthen muscles
- keeps your stools softer

What are the signs of dehydration?

You are more likely to become dehydrated during cold or hot weather, in summer or in winter, during physical activity, and even when traveling on an airplane. Since the brain is 75% water, it is understandable that early symptoms of dehydration include decreased energy or fatigue, headaches, and dizziness. Other symptoms of inadequate water intake are:

- dry lips, mouth, skin
- nausea
- dark-colored urine or infrequent urination
- constipation
- increased body temperature or labored breathing

Are you getting enough water?

When you wait until you are thirsty, you are already dehydrated and may have lost $\frac{1}{2}$ – 1 quart of water. It is important to drink before you become thirsty! Caffeinated and sweetened drinks are not part of the solution because they can contribute to dehydration. Water works the best.

To determine the minimum ounces of fluid needed daily:

- For adults or children weighing over 100 pounds: divide your weight (in pounds) in half.
- Children weighing less than 100 pounds have special fluid needs and this formula may not be appropriate.

Tips to make sure you are drinking enough water:

- ✓ If you are home for most of the day, fill a container each morning with your water for the day. Use it to drink, make juice or tea. When the container is empty, then you have met your goal for the day.
- ✓ Measure the amount of water in your usual glass or bottle. Most hold more than 8 ounces.
- ✓ If you are away from home for most of the day, fill 3 to 4, 16-24 ounce sport-drink type bottles with your fluid needs for the day. Make sure you drink at least 2 of them by 1:00 or 2:00 in the afternoon.
- ✓ Keep single-serving sized bottled water in your car, backpack or desk.
- ✓ Develop a “hydration” habit – a glass of water when you wake up, one at each meal, and one at bedtime.
- ✓ To help the rest of the family develop a hydration habit, serve glasses or a pitcher of water at each meal.
- ✓ Check your urine. It should be clear to pale yellow in color. You should urinate every 2 to 3 hours during the day.

This information provided by:

➡ For more information on water contact
Suntory Water Group at www.water.com

Prepared by the Registered Dietitians of the
Suntory Good Health Advisory Board



Drink Water for Physical Activity and Sports

Drink plenty of fluids—before, during, and after physical activity.

Water Schedule

When...	How Much...
2 to 2-1/2 hours before	at least 2 cups of water
0 to 15 minutes before	2 cups water
every 15 minutes during	2/3 to 1 cup of water
after activity	2 cups water for every pound lost and until urine is pale.



Dehydration Tip:

How do you know if you are dehydrated? Check your urine. It should be clear to pale yellow in color. You should urinate every 2 to 3 hours during the day.

Signs of dehydration:

% Loss of Body Water

Signs of Dehydration:

0 to 1%

Thirst

2 to 5%

Dry mouth, flushed skin, fatigue, headache, impaired physical performance

6%

Increased body temperature, breathing rate, and pulse rate

8%

Dizziness, increased weakness, difficulty breathing with exertion

10%

Muscle spasms, swollen tongue, delirium

11%

Poor blood circulation, failing kidney function

Do you need sports drinks during exercise?

Unless you are exercising for more than 1 hour, water is the best choice for hydration.

Tips to make sure you are well hydrated:

- ✓ Drink plenty of water—before, during, and after physical activity.
- ✓ Drink water even before you feel thirsty.
- ✓ Drink cool water—it helps lower your body temperature.
- ✓ Do not drink alcohol or caffeinated drinks before or during heavy exercise. They are dehydrating.
- ✓ Weigh yourself before and after exercise and replace each pound lost with 2 cups of water.
- ✓ Check the color of your urine. Dark-colored urine is an indication of dehydration.
- ✓ Know the signs of dehydration.
- ✓ Don't skip water stations during races.
- ✓ Carry a bottle full of water and drink it.

This information provided by:

➡ For more information on water contact Suntory Water Group at www.water.com
Prepared by the Registered Dietitians of the Suntory Good Health Advisory Board



Drink Water for Weight Control

Why is it important to drink water when dieting?

- Drinking water may decrease your appetite.
- Drinking water helps body fat burn more efficiently.
- Drinking water is the best treatment for fluid retention.
- The more you weigh, the more water you need to drink.
- Drinking water helps to maintain your energy level and reduce fatigue.
- Drinking water helps to rid the body of waste products.
- Drinking water can help relieve constipation.
- Drinking water can help reduce the amount of dietary fat stored in your body.

What happens if you don't drink enough water?

- The body may store more water which shows up as extra weight.
- You will think you are hungrier.
- You may become constipated.
- You will feel tired.

Water Do's and Don'ts

- Do set a water goal—divide your weight by 2 for the number of ounces of water you need each day.
- Do gradually increase your water intake.
- Do make water the first beverage you drink in the morning.
- Do drink water at meals.
- Do drink water at any time, not just at meals.
- Do keep a water “diary” to record daily intake.
- Don't count coffee, tea, diet colas, or alcohol as water intake.
- Don't wait until bedtime to drink your water.
- Don't stop drinking water once you have lost weight.
- Do keep a bottle of water with you at all times.
- Do drink water before, during, and after physical activity.



TIP: Drink a glass of water and wait 30 minutes if...

- ✓ You think you are hungry.
- ✓ You feel tired.
- ✓ You need energy.
- ✓ You are craving sweets.

This information provided by:

➡ For more information on water contact
Suntory Water Group at www.water.com

Prepared by the Registered Dietitians of the
Suntory Good Health Advisory Board



Hydration Planning Guide and Diary

Determine your Water Needs:

Use this formula or chart to determine your minimum daily fluid needs.

Weight in pounds ____ **divided by 2 =** ____ **ounces of water needed per day**

Determine the number of glasses or bottles of water you need to drink each day:

Divide the total ounces ____ **by the size of your usual glass or water bottle =**
the number of glasses or bottles each day. Goal = ____ **glasses or bottles.**

Develop a Hydration Plan:

Use this chart to keep track of your fluid intake for the week. To help you stay hydrated all day, spread out the number of glasses or bottles that is your goal over the course of a typical day.

Weight (lbs)	Ounces/day
40 - 50	50
51 - 60	55
61 - 70	57
71 - 80	58
81 - 99	60
100 - 120	50-60
121 - 140	60-70
141 - 160	70-80
161 - 180	70-90
>200	100

	Typical	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up								
Breakfast								
Mid-Morning								
Lunch								
Mid-Afternoon								
Dinner								
Evening								
Before Bed								

Additional Water Needs:

Physical Activity _____ glasses each day

Pregnancy/Lactation _____ glasses each day

Extreme Temperature _____ glasses each day

Sickness _____ glasses each day

Caffeine or Alcohol _____ glasses each day

➡ For more information on water contact Suntory Water Group at www.water.com
 Prepared by the Registered Dietitians of the Suntory Good Health Advisory Board



Fluid Needs In the Golden Years*

Why do we need water?

Water is a part of every body cell, tissue, organ, and body process, and is important in these body functions:

- regulates body temperature
- removes wastes from the body
- carries nutrients, oxygen and glucose to the cells to give you energy
- provides natural moisture to skin and other tissues
- cushions joints and helps strengthen muscles
- keeps stools softer
- maximizes mental function

Potential Consequences of inadequate water intake.*

- Slowed thinking ability
- Forgetfulness
- Headaches
- Loss of balance
- Constipation, diverticular disease
- Kidney stones
- Impaired blood flow
- Dry skin, eyes, and mouth

**Some medical conditions have special hydration needs. Please check with your physician before embarking on a hydration program.*

➡ For more information on water contact Suntory Water Group at www.water.com

Prepared by the Registered Dietitians of the Suntory Good Health Advisory Board

How to tell if you are drinking enough water.

- Urination occurs every 2 hours during the daytime; urine will be pale yellow, with no strong odor. (*Medication may affect the frequency and the color of your urine.)
- Eyes are moist, with tears present.
- Mouth and lips are moist.
- Skin retains moisture and is supple.

Why are seniors at increased risk of dehydration?

- Less sensitivity to thirst.
- Fear of incontinence.
- Difficulty accessing fluids (limited ability to walk to the sink or refrigerator).
- Trouble swallowing.
- Problem holding a cup or glass.
- Decreased kidney function.
- Forgetfulness



Tips to make sure you are drinking enough water:

- ✓ If you are home for most of the day, fill a container each morning with your water for the day. Use it to drink, make juice or tea. When the container is empty, then you have met your goal for the day.
- ✓ Measure the amount of water in your usual glass or bottle. Most hold more than 8 ounces.
- ✓ If you are away from home for most of the day, fill 3 to 4, 16-24 ounce sport-drink type bottles with your fluid needs for the day. Make sure you drink at least 2 of them by 1:00 or 2:00 in the afternoon.
- ✓ Keep single-serving sized bottled water in convenient locations.
- ✓ Develop a "hydration" habit – a glass of water when you wake up, one at each meal, and one at bedtime.
- ✓ Encourage a hydration habit by serving glasses of water at each meal, placing a pitcher of water on the table, and by installing a water cooler.



Hydration Tips for Kids



Why Are Kids At Increased Risk of Dehydration?

- Children get hotter during exercise because they don't sweat as much as adults, so they're unable to adequately cool their bodies.
- Thirst lags behind water losses. By the time kids feel thirsty they may already be dehydrated.
- Active school-aged athletes are especially vulnerable to dehydration when playing in hot, humid weather or for prolonged periods of time.

Kids at Special Risk

- Football and hockey players who wear hot, heavy protective gear
- Swimmers who don't realize you sweat a lot even in the water. Hot, humid pool decks and locker rooms also promote fluid loss
- Athletes in sports that emphasize weight control such as wrestling, gymnastics, diving, and ballet



What If Kids Don't Drink Enough?

Children who don't drink enough (or lose too much water thru sweating):

- Experience a drop in coordination, which can lead to sports-related injuries
- Lose the ability to regulate body temperature
- Run the risk of heat exhaustion and circulatory collapse

Got Fluoride? *

- Fluoride is an important nutrient that's critical for the formation of healthy teeth.
 - Your child may not receive enough if your municipal water is not fluoridated, or if your water is filtered by reverse osmosis.
 - Some progressive bottled water companies are adding fluoride to their products. Look for those brands in your area.
- * Fluoride supplementation should not begin until 6 months of age.

Tips for Keeping Kids Hydrated

- ✓ Make good tasting, cool water easily accessible, such as a water cooler in your kitchen, or a pitcher or bottled water in your fridge.
- ✓ Encourage water instead of sugary soft drinks and juice drinks.
- ✓ Remind kids to take frequent breaks during activities and have a cool drink.
- ✓ Put a frozen bottle of water in your child's backpack or lunch bag. It will be cool when he's ready to drink it.
- ✓ Parents and coaches should encourage children to drink plenty of water before and during practices and games.



Early signs of dehydration include:

- Apathy
- Light-headedness
- Fatigue
- Nausea

About Sweetened Fruit Juices and Sports Drinks

- Water is more thirst quenching than sugary drinks such as sweetened juice.
- Children's appetites at mealtime may suffer if they drink too much juice.
- Regular consumption of juice drinks can contribute to unwanted weight gain.
- Sports drinks, while often promoted to kids, are only necessary for vigorous sports activities lasting an hour or longer.

➡ For more information on water contact Suntory Water Group at www.water.com

Prepared by the Registered Dietitians of the Suntory Good Health Advisory Board



Myths About Water and Health

Myth: Two quarts (64oz) of water daily is all adults need to be well hydrated.

Fact: Actually, the current recommendation for water is: $\frac{1}{2}$ oz per pound of body weight. For example, a 150-lb person would need 75 oz of water per day to be adequately hydrated. The larger the person, the higher the metabolic load, thus more water is required.

Myth: Thirst is the best indicator of dehydration.

Fact: Your thirst mechanism does not kick in until you are mildly dehydrated. Monitoring the color of your urine may be the best indicator of hydration. Clear to pale yellow urine denotes adequate hydration while dark yellow to gold urine indicates a need to drink more water. Taking a multi-vitamin may tint the color of your urine. Another method for monitoring hydration is to keep track of how often you visit the bathroom. Urinating at least every two hours is also a good sign that you are drinking enough water.

Myth: It is unhealthy to drink too much water.

Fact: With the exception of certain health conditions, your body will only use the water it needs and eliminate the rest. Under normal conditions, there is no risk associated with drinking too much water. It is recommended that water be sipped slowly instead of gulped down, which can cause gastric distress.

Myth: Drinking a lot of water is taxing to your kidneys.

Fact: Water is required for good kidney function. When water intake is insufficient, the kidneys must compensate by excreting more concentrated urine, which may lead to the formation of kidney stones.

Myth: If you have a problem with fluid retention, drink less water.

Fact: In fact the opposite is true. When your body is deprived of water, it perceives this as a threat to survival and compensates by conserving water. Drinking an adequate amount of water ($\frac{1}{2}$ oz per pound of body weight) will help your body maintain proper fluid balance and also flush out excess sodium, which can contribute to fluid retention. If you take a diuretic, be sure to drink plenty of water.

Myth: Sports drinks are better than water during exercise.

Fact: In exercise lasting less than 60 minutes, water is the preferred beverage. Electrolyte replacement (sports drink) is not necessary during short-term exercise and sugar in sports drinks provides empty calories. You must replenish fluid losses during exercise or you will prematurely fatigue and your performance will be diminished. Weigh yourself before and after exercise and drink at least 1 pint (16 oz) of fluid for every pound lost.

Myth: You need more water in the summer than in the winter.

Fact: Dehydration may appear only to apply to hot summer months, but keeping your body well hydrated in the winter is just as important. During winter sports activities, you won't appear to be sweating as much. However, your body is still losing fluids and drinking water is a must or athletic performance will be affected.

Myth: Bottled water does not contain fluoride.

Fact: False, a number of bottled water companies produce fluoridated water. Fluoride levels are typically 1.00 ppm, the level recommended by the American Dental Association and other leading health organizations.

➡ For more information on water contact
Suntory Water Group at www.water.com

Prepared by the Registered Dietitians of
the Suntory Good Health Advisory Board