

## Tips to increase your water intake:

- Take water breaks instead of coffee or soda breaks.
- Drink water, milk, or 100% juice with meals.
- Occasionally, start your meal with soups.
- When passing a water fountain, take a drink.
- At snack time have juice, milk, or sparkling water.
- Have sparkling water as an option in place of alcoholic drinks at parties and other social gatherings.
- Before, during, and after any physical activity, drink water — especially in hot weather.
- Travel with a supply of bottled water even for day outings.

### Party Punch

(Makes 24 servings, ½ cup each)

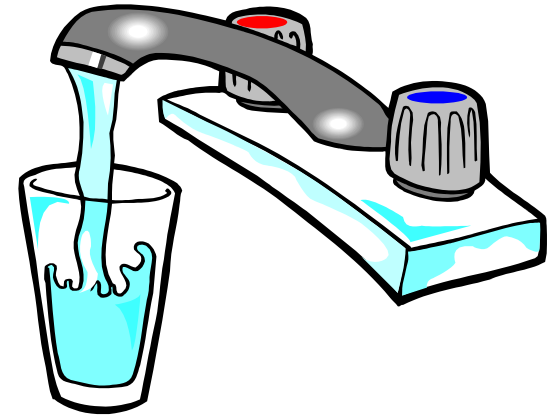
½ cup serving have 90 calories, 13 mg sodium

- 1 can (12 ounces) 100% apple juice, frozen concentrate
- 1 can (12 ounces) 100% orange juice, frozen concentrate
- 1 can (12 ounces) 100% pineapple juice, frozen concentrate
- 1 bottle (28 ounces) club soda

Mix ingredients in a large bowl. Add five cups of water and ice cubes. Stir and serve.



# What's to Drink?



**Turn on the faucet!  
We need at least 8 cups  
of water each day.**

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## Nutrition Education Program

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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

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Look for healthy recipes and more at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>

## Why do we need water?

- Satisfies thirst and avoids dehydration
- Needed for every cell to function
- Regulates body temperature
- Transports nutrients and oxygen in body
- Carries waste products out of cells
- Moistens body issue
- Prevents constipation
- Cushions joints and protects body organs and tissues



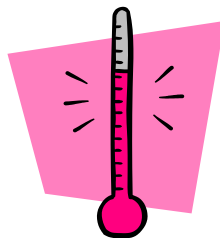
## How much fluid do we need?



- Most people need 8-12 cups of water daily.
- The average adult loses about 2½ quarts (about 10 cups) of water daily through perspiration (even when sitting), urinations, bowel movements, and even breathing.
- To see if you're getting enough fluid, check your urine. A small volume of dark-colored urine indicates that you aren't consuming enough fluid. Almost clear urine means you are drinking enough.

## Some body signals of dehydration:

- Thirst
- Lost body strength and endurance
- Impaired physical performance
- Increased body temperature, breathing, and pulse rate
- Headache, dizziness, and poor blood circulation
- Heat exhaustion
- Heat stroke
- Death—20% drop in body's water weight.



## Good beverage choices:

- Water
- Low-fat milk
- 100% juice
- Bottled water
- Cocoa (made with low-fat milk)
- Flavored milk



### Caution! Caution! Caution!

**Caffeinated beverages—coffee, tea, and some soft drinks—and alcoholic beverages aren't your body's best sources of water. Caffeine and alcohol act as diuretics, causing the body to lose water through increased urination.**



## When do we need more water?

- Exposure to extreme temperatures either hot or cold (maintains body temperature).
- Strenuous work or exercise (the body loses water through perspiration or evaporation from the skin).
- Exposures to heated or re-circulated air for a long time (water evaporates from your skin).
- During pregnancy and breast-feeding.
- When sick—having a fever, diarrhea, or vomiting.
- When eating a high fiber diet (water helps process the added roughage).