



Hydration is important all year round, not just in the hot summer months. Over 60% of human body weight is from water, so it is an important piece of daily life.

Fluids needs increase with physical activity, elevated atmospheric temperatures, fever, vomiting, diarrhea and trauma such as burns.

Hydration can come not only from fluids, but also foods that are fluid at room temperature, fruits and vegetables.



Hydrate Yourself

Proper hydration is vital for the body and its core functions. If not properly hydrated, basic functions like circulation and proper organ function are not able to occur. Adequate hydration also helps to regulate body temperature, prevent infections, and keep joints lubricated for movement. Additionally, it has been linked to better sleep quality, improved cognition and mood stabilization.

To keep fluid intakes interesting, one can infuse fruits into their fluids, drink sparkling water or calorie free beverages, as well as milk (cows, almond, cashew, oat or soy).

Some signs of dehydration to look for are increased thirst, dark colored urine, decreased urine output, weakness/dizziness and dry mouth.



Fluid Rich Foods

- Watermelon
- Green Beans
- Cucumber
- Ice Cream
- Popsicles
- Soups
- Yogurt
- Berries
- Peaches
- Grapes
- Broccoli
- Brussels Sprouts
- Oranges



Oral Rehydrating Solutions

Oral rehydration drinks are becoming widely popular as a quick way to rehydrate after illness, exercise or even a night of overindulgence. These solutions often contain electrolytes to help your body return to its usual state. Oral rehydrating solutions often contain sodium, potassium, chloride, dextrose, and even prebiotics and zinc, depending on the brand. These drinks replenish electrolytes and maximize fluid reabsorption.

Fluid losses can be dangerous and even fatal. Oral rehydration solutions can help the body to rehydrate, particularly after illness involving large amounts of vomiting and diarrhea, typically mild cases.

Like all interventions, a dietitian or physician should be consulted for long term use of these products. People who have kidney disorders, diabetes and heart disease should take care when consuming oral rehydration solutions due to the increased electrolytes offered.

“Pure water is the world’s first and foremost medicine.”

Slovakian Proverb
