

Water is good for you!

Our bodies need water to stay healthy.

Make a habit of drinking water every day. You should drink 6 to 8 cups of liquids. At least 3 or 4 of those cups should be water.

You will not always feel thirsty when you need more water. Here are some ways your body signals that you need more liquids:

- You have a dry tongue and mouth
- You feel confused and tired
- You have less urine, and it is darker and has a strong smell
- You feel light-headed or dizzy when you get up from bed or a chair
- You feel constipated

You should drink water when:

- Your home is hot, or you are outside in hot weather
- You are exercising
- You are taking fluid pills
- You have a fever, are vomiting or have diarrhea
- Your blood sugar is high
- You are eating a lot of fibre

How to drink more water

- Start gradually. Drink a little more than usual each day. It will take time for your body to get used to the extra water.
- Drink hot, warm or cold water. If you like cold water, keep a bottle or jug of water in the fridge.
- Try to remind yourself to drink water. Keep a water glass on your table where it is easy to reach.
- Drink water when you get up in the morning. We are naturally thirsty when we first wake up.
- Make a habit of drinking at least one glass with your meals and snacks. Try to take small sips between each bite.
- Try using a straw. Or try drinking from a sports bottle with a straw.
- Clean your straws, bottles and glasses every day. Wash your drinking glass a few times during the day.
- Add flavour to your water. Try adding a slice of lemon.



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Our bodies need water to stay healthy. (cont'd)

Other things you can drink:

- fruit juices
 - milk
 - soy or rice drinks
 - soft drinks
 - herbal tea
 - decaffeinated coffee or tea
- You can also eat soup, popsicles and Jell-o. They are mostly liquid.



What if I am diabetic or overweight?

- Choose sugar-free drinks
- Switch from juice or regular drinks to diet drinks and sugar-free popsicles.

What about alcohol?

- Limit the amount of alcohol you drink.
- Ask your doctor if it is safe for you to drink alcohol.

What about coffee and tea?

- Don't drink more than 3 or 4 cups of coffee and tea with caffeine each day. Caffeine draws water out of your body. If you drink regular coffee or tea, you need to drink more water.
- You can drink more herbal teas and decaffeinated coffee or tea.



TIP
Make a habit of drinking water every day. Drink 6 to 8 cups of liquid.