



# HYDRATION 101

Keeping hydrated is crucial for your body to function optimally. It is important for body temperature regulation, keeping joints lubricated, carrying nutrients, and to help our bodies remove waste, among many other reasons.<sup>1</sup>

Most fluid loss occurs through sweating and producing waste. We lose smaller quantities of fluids through other avenues, like breathing or exercise.<sup>2</sup> So, it's easy to see that we need to replenish our bodies regularly.



## Tips for Choosing the Better-For-You Beverage

1 Keep it low in sugar. Stick to water, unsweetened coffee, tea, seltzers, & Zevia beverages.



2 Keep a water bottle with you, so you can sip throughout the day. Thirst is your body's signal that your hydration stores are declining.



3 Set goals throughout the day. For instance, consume 2 water bottles before lunch time, and 2 after.



My healthcare provider recommends I consume \_\_\_\_\_ of water per day.  
mL - oz - cups

Track your fluid intake by entering each beverage you consumed with the quantity (in milliliters, ounces, or cups), as suggested by your healthcare provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sources:

1- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6356561/>  
2- <https://www.ncbi.nlm.nih.gov/books/NBK544219/>



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