

Facts on Fluids

Dehydration:

Happens when you lose more fluids than you take in (through sweat, urine, bowel movements etc.)

Signs of dehydration include:

- Feeling thirsty
- Dark yellow and strong-smelling pee
- Feeling dizzy or lightheaded
- Feeling tired
- Dry mouth, lips and eyes
- Peeing only a little, and fewer than 4 times a day



Benefits of Fluids:

- Move nutrients and waste through your body
- Keep your blood pressure normal
- Protect and cushion your joints and organs
- Control your body temperature
- Lower your risk of dehydration and heat stroke
- Help with health of skin and other tissues
- Increases mental alertness and overall well being

Dehydration can happen more easily if you have:

- Diabetes
- Vomiting or diarrhea
- Heatstroke (been in the sun too long)
- Drank too much alcohol
- Sweated too much after exercising
- A high temperature of 38C or more
- Taken medications that make you pee more (diuretics)

You may be dehydrated even if you don't have any of the signs so it is important to drink fluids often even before you feel thirsty.

How Hydrated are you?

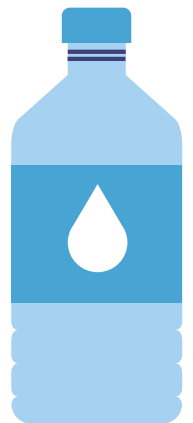
Use this scale to check out your pee/urine; the lighter it is in colour, the more hydrated you are.



1-3: you are hydrated; keep up with your usual fluid intake.

4-6: you are mild to moderately dehydrated; time to increase your fluid intake!

7: you are very dehydrated, ensure you replenish with fluids and electrolytes.



Sipping Strategies:

- Add flavour to your water with lemon, limes, cucumber, mint etc.
- Always keep a reusable water bottle in your bag/car and at your desk
- Sip on water with meals and snacks
- Set a reminder in your phone or calendar to take a few sips of water each hour
- Enjoy other fluids such as skim, 1% and 2% milk, fortified soy beverages, 100% vegetable or fruit juices and soups to help you meet your fluid needs.
- Choose decaffeinated drinks more often to keep you well hydrated. Drinks with caffeine should be limited to 3 cups per day.
- Limit your intake of sugar sweetened beverages (juice, soda etc.), coffee and alcohol
- Sip on water during and after physical activity

Sources: Unlockfood.ca, NHS, Precision Nutrition

Created by the Dietitians of:
- MISSION -
Nutrition Intuition

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