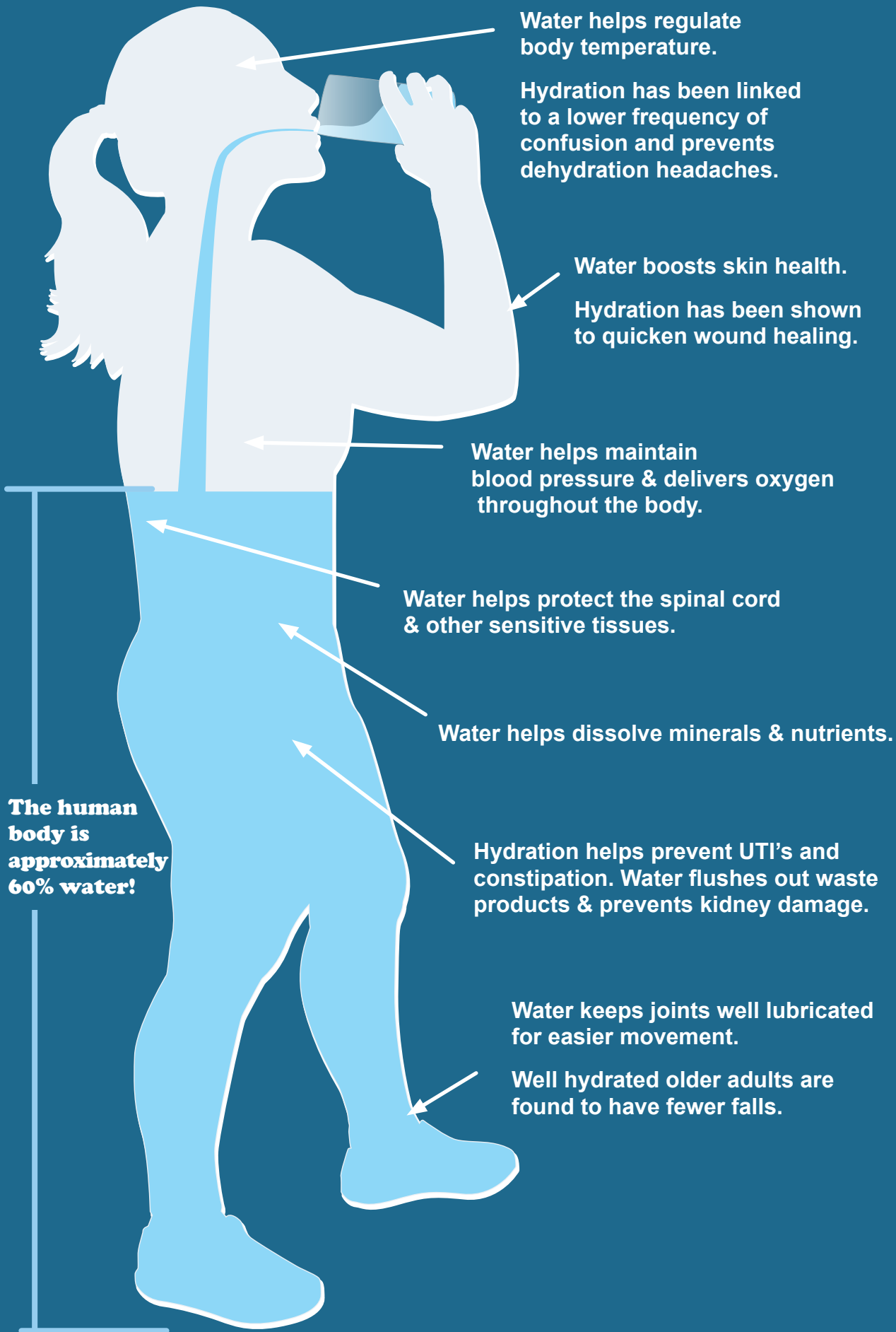


WATER - the KEY to BETTER HEALTH!

Water provides health benefits for the whole body:



How much water do you need?

Individual needs vary.*

New research states that drinking water whenever you're thirsty is best!



How do you know you're well hydrated?

- You rarely feel thirsty
- Your urine is pale yellow or clear



Foods that hydrate

In addition to their micronutrient benefits, these foods are high in water content:

Grapes
Watermelon
Spinach
Cucumber
Tomatoes
Lettuce
Apples
Peaches
Zucchini
Celery
Watercress

TIPS to stay hydrated

- Carry around a water bottle and refill it throughout the day.
- Drink a glass of water before each meal.
- Serve water with meals.
- Add lemon or lime to water.
- Drink milk, herbal tea or bubbly water to mix it up!

*The According to the National Academy of Sciences, Engineering and Medicine, the average recommended daily intake is 2.7 L (11.5 cups) for women & 3.7 L (15.5 cups) for men. The amount you need may vary depending on your activity level, where you live, if you're pregnant or breastfeeding and/or your current health condition.

If you are sweating a lot (from work or exercise) ensure you are adding electrolytes to avoid water intoxication (hyponatremia).