Healthy Hydration

Should we really be concerned with what we drink? Yes. Not only is it important to stay adequately hydrated, the types of beverages we consume have an impact on our health, energy levels, and body weight. This guide will assist you in determining your fluid needs and exactly what to drink to be as healthy as possible!

General Recommendations

The recommended total daily fluid intake varies for individuals depending on age, gender, metabolism, diet, activity level, medical conditions, and outside environment. The Institute of Medicine (IOM) approximates fluid requirements for the average, healthy adult living in a temperate climate.

**Males:** 13 cups (3.0 liters) of total beverages each day

**Females:** 9 cups (2.2 liters) of total beverages each day

Dehydration

Failing to take in more water than your body uses can lead to dehydration. Even mild dehydration, as little as 1 to 2 percent loss of your body weight, can zap your energy and make you tired. Common causes of dehydration include strenuous activity, excessive sweating, vomiting and diarrhea. It is generally *not* a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, it is possible you may already be slightly dehydrated.

**Signs and symptoms include:**
- Mild to excessive thirst
- Fatigue
- Headache
- Dry mouth
- Dark yellow or little / no urination
- Muscle weakness
- Dizziness
- Lightheadedness

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