



Staying Hydrated

Water is the most important nutrient. The average appropriate fluid intake for adults is between six to eight 8-ounce glasses of water a day. The body is made up of about 60 percent water. If you're thirsty, chances are you are already dehydrated.

EASY TIPS TO PREVENT DEHYDRATION:



Drink water throughout the day even when not thirsty



Eat foods high in liquids, such as popsicles, gelatins or soups



Keep beverages you enjoy close by



Be careful when drinking alcohol

For more information visit evolution.net/healthtips

