QUENCH YOUR THIRST

TIPS ON HYDRATION & THE BENEFITS OF WATER

How can you tell if you're getting enough water?
Look at the color of your urine. If its clear or light yellow, you're fine, but darker yellow means you aren't drinking enough water.

Dehydration
Being dehydrated means that your body doesn't have enough water and that can lead to a headache, dizziness or even fainting.

Body Temp
Water helps keep your body the right temperature - not too warm and not too cold.

Food Digestion
Water helps your body digest food and move the nutrients you eat all over your body.

Healthy Alternatives
Other healthy options to drink are 100% juice with no added sugars, or non-fat or 1% milk.

Oral Health
One can of soda contains 9 teaspoons of added sugar. Drinking too much soda is not good for your teeth.

Lots of Calories
There are about 100 calories in every cup of soda so one 20-oz serving has 250 calories.

Curb Appetite
Drink water before eating. If you drink a big glass of water before you sit down to eat, you won't be tempted to eat as much.

ENJOY!
So pick up a cold bottle or glass of water and enjoy the healthful benefits!

UMRHN Community Members

Catawba Community Mental Health Center ◆ Chester County Representative ◆ Chester County School District ◆ Chester Healthcare Foundation ◆ Chester Regional Medical Center ◆ Eau Claire Cooperative Health Center ◆ Fairfield County School District ◆ Fairfield Memorial Hospital ◆ Good Samaritan Medical Clinic ◆ J. Marion Sims Foundation ◆ John A. Martin Primary Health Care ◆ Mid-Carolina AHEC ◆ Midlands Technical College ◆ North Central Family Medical Center ◆ SC Department of Health and Environmental Control ◆ SC Office of Rural Health ◆ Springs Memorial Hospital ◆ York Technical College