



7.30.24

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Hydration Tips with Flor

By [Flor Roberts, Nutrition Services Department Dietetic Intern](#)

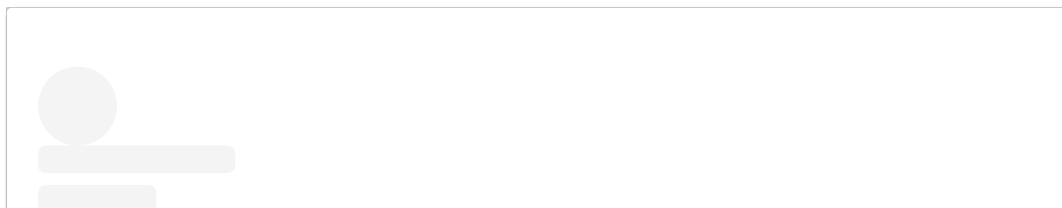
It's July and it's important to stay hydrated all summer long!

Drinking enough water and fluids is important all year round but especially during these hot summer months. We might be sweating more than usual which causes us to lose some of our precious water. So, aim to drink 6-8 cups per day. (Please consult your doctor, or ask your dietitian at God's Love We Deliver, if you have a fluid restriction) Drinking water can prevent dehydration and help your body function properly. In fact, our bodies are made up of approximately 60% water. Water helps our organs run smoothly, regulates our body temperature, cushions our joints and much more. Did you know that we can get water from our food as well? Fruits and vegetables like watermelon, cucumbers, oranges, celery, tomatoes and lettuce have a high-water content. Drinking fluids other than water contribute as well, like a cup of milk, juice, tea or coffee (try to aim for decaf). What we eat and drink matters.

Here are some tips for staying hydrated this summer and year-round:

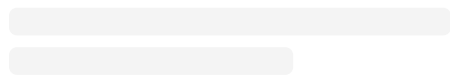
- Aim to drink 6-8 cups of water throughout the day
- Don't wait until you're thirsty to grab a sip
- Drink water at regular times throughout the day, like after waking up from a night's rest or a nap
- Drink water along with meals and in between meals
- Drink more water if you're exercising or sweating more than usual
- Carry a reusable water bottle when you go outdoors
- Snack on fruits and vegetables instead of grabbing highly processed foods or sugary beverages
- Make a fruit salad or any salad you enjoy

Watch Flor on our Instagram!





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This August and all year-round, stay healthy and follow the MyPlate guidelines for planning nutritious meals and snacks!



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Hydration Tips with Flor

God's Love nutrition intern Flor gives tips on staying hydrated all summer long.