

Journey to Wellness — A free self-guided healthy living program

Rethink your drink



Drinking water does more than quench your thirst. It's essential to keeping your body functioning correctly and feeling healthy. That's why it's important to **replenish your body's water supply** with beverages and food that contain water.

How much fluid does the average, healthy adult living in a temperate climate need?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 15.5 cups (3.7 liters) of fluids a day for men and about 11.5 cups (2.7 liters) of fluids a day for women.

When choosing fluids:

Beware of sugars in your drink.

- One 12 oz. can of non-diet soda daily equals 32 pounds of sugar yearly.
- Be mindful of the amount of sugar in your favorite coffee drink.
- Choose whole fruit over drinking fruit juice.
- Too much sugar consumption can lead to Type 2 diabetes and increased obesity.

Beware of the extreme effects of caffeine.

- Increases heart rate and blood pressure.
- Makes you shaky and nervous.
- Impacts focus and sleep.
- Is addicting.
- Makes your brain and heart work harder.

Avoid overindulging in alcohol.

- Cutting back on drinking alcohol can help you lose weight, sleep better, and look and feel better.

Tips for drinking more water.

- Add fruit or vegetables to your water for flavor.
- Tie drinking water to a routine.
- Track your water intake.
- Alternate seltzer water when you reach for a soda or alcoholic beverage.

Information adapted from Mayo Clinic resources:
[Water: Essential for your body](#) and [Water: How much should you drink every day?](#)

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