Increasing Your Water Intake!

Why?

You need it! 80% of your body is made of water. It is vital for your health and many illnesses and complications can be prevented with proper hydration.

Benefits

You will be more alert (your brain is made up of 85% water), healthier (blood, used to fight infection is 80% water), have faster digestion (Water transports all nutrients and assists in chemical reactions associated with digestion), burn more fat, have more energy, and more strength (muscles are 70% water).

Water also removes toxins and helps curb hunger!

How Much?

Most of us do not drink enough water. The amount needed can be influenced by a number of factors including weather, food, and activity level. The average person needs about eight 8 ounce glasses per day.

Example: 140 lbs. / 2 = 70 lbs. So a 140 pound person would need to drink 70 ounces of water per day.
How do I consume more?

There are many ways to consume more water. You can even get water through the food! Check out the tips below for water and hydrating foods.

Drink Plain Water

If you drink **12 ounces of plain water, 8 ounces** will be absorbed within **15 minutes**. If you drink 12 ounces of water with a 10% sugar solution, less than 1 ounce of water will be absorbed in the same period.

Top 10 Hydrating Foods

- 96% water
- 95% water
- 95% water
- 95% water
- 95% water
- 94% water
- 92% water
- 90% water
- 89% water
- 89% water

How Can Fiber Help?

Water is essential in your healthy digestion. Adding fiber will help prevent conditions such as heart disease, diabetes, obesity, and constipation.

Soluble and Insoluble Fiber

<table>
<thead>
<tr>
<th>Soluble - dissolve in water and slow down digestion to give you that “full feeling”, listed in the chart.</th>
<th>Insoluble – add bulk to diet and help with constipation, have that “laxative” benefit.</th>
</tr>
</thead>
<tbody>
<tr>
<td>oatmeal, lentils, apples, oranges, nuts, flaxseeds, beans, dried peas, cucumbers, celery, carrots.</td>
<td>barley, couscous, brown rice, zucchini, broccoli, cabbage, green beans, dark leafy vegetables, root vegetable skins.</td>
</tr>
</tbody>
</table>