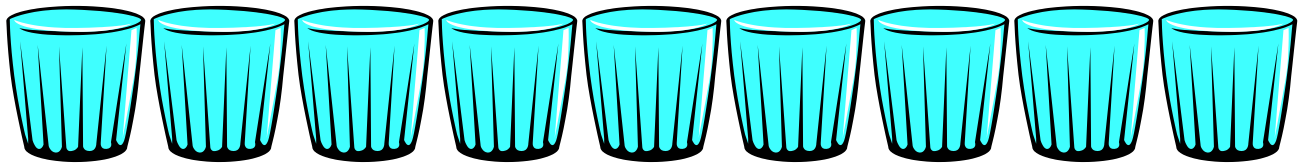




## Drink to Your Health!

About How Much Fluid Do We Need Each Day?  
(Circle the number of glasses below)



We lose fluids daily in -



**Urine 4 – 6 cups**

**Sweat 2-3 cups**

**Breathing- 1 ½ cup**

**Bowel movements –  
2/3 cup**

We get fluid into our bodies from -



**Drinking**

**Solid Food**



**Cell Metabolism**

Here are ways to increase fluid intake  
Check mark the ones you will use

- Fill pitcher or water bottle daily
- Eat low sodium soup
- Drink water at coffee breaks
- Buy bottled water
- Serve water, milk or juice with meals and snacks
- Never pass a water fountain without drinking
- Have sparkling water with lemon instead of alcohol

**Some Healthy Fluids Are –**

◆ **Milk or Fortified Soy Milk**



◆ **Juice**



◆ **Water**



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