

# Drinking Fluids

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Drinking water or other fluids is important for good health. You may not feel thirsty, and so may not know that your body is low on water. **Try to drink 6-8 cups of fluid each day. It is best if at least half of this fluid is water.** Make drinking water a daily habit.

## **If your body is low on water, you might feel:**

- Dry tongue and mouth.
- Confused and tired.
- Less urine, and your urine may be darker and have a bad smell.
- Light-headed or dizzy when you get up from bed or even from sitting.
- Constipated.
- Thirsty.



### **Drinking water is especially important:**

- If it is very hot in your home or you are outside in hot weather.
- If you are doing exercise.
- If you are taking certain pills such as diuretics (water-losing pills).
- If you have a fever, are vomiting or have diarrhea.
- If your blood sugar is high.
- If you are eating a lot of fibre.

### **Water**

- **Gradually increase how much water you drink.** It will take your body some time to get used to the extra water.
- **Drink hot, warm or cold water.** If you like water cold, keep a bottle or jug of water in the fridge.

- **Remind yourself.** Often we simply forget to drink water. Keep a water glass on your table, where it is easy to reach.
- **Drink water in the morning.** We are naturally thirsty when we first wake up. Drink water first thing in the morning.
- **Drink water with meals.** Try to have small sips of water with each bite. If your lips are dry, wet them with a cloth, then try sipping. Try to make it a habit to have one glass of water or more with all your meals and snacks.
- **Try using a straw.** Try a sports water bottle with a straw.
- **Clean straws, bottles and glasses daily.** Also, during the day, wash your glass and fill with fresh water.
- **Flavour your water.** Add a slice of lemon to your water for a fresh taste.

### Other fluids

- popsicles
- jello
- suck on ice chips
- fruit juices
- soft drinks
- soup
- milk
- herbal tea
- decaffeinated coffee
- decaffeinated tea

**If you have diabetes or are overweight** limit the other fluids that have sugar and choose ones that are sugar-free. For example, instead of juice or soft drinks have diet drinks or sugar-free popsicles.

### Limit alcohol, coffee and tea

- Limit alcohol. Ask your doctor if it is safe for you to drink alcohol.
- Limit caffeinated coffee or tea to 3 or 4 cups per day or less. You could drink more herbal tea or decaf coffee or tea. Caffeine actually draws water out of your body. When you are drinking regular coffee or tea you need to drink more plain water.