



Are you drinking enough?

Dehydration happens when we do not drink enough. We can become thirsty, irritable, light-headed, faint, and tired when we become dehydrated. A very easy way to check to see if you are drinking enough is to look at the colour of your urine. If your urine is pale yellow (colour of lemonade) you are well hydrated. If your urine is dark yellow (colour of apple juice), then you need to drink more.

Try having a glass or two of water the next time you're feeling tired and see if you feel more energized.

What other drinks can you choose?

Water should be the first choice to quench our thirst. It is natural, refreshing, has no calories, and is sugar free. It should also make up the bulk of our daily fluid intake.

Low fat milk or fortified soy beverage and 100% fruit juice are other good choices to help you stay hydrated. Canada's Food Guide, recommends we have 2 cups (500 mL) of low fat milk or fortified soy beverage a day.



Currently, there are no recommendations for the amount of juice we should have in a day. A food guide serving of juice is ½ cup (125 mL). Canada's Food Guide recommends we choose vegetables and fruit more often than juice to get more fibre, which will help us feel full and satisfied. So choose 100% fruit juice in limited amounts.



Replacing high calorie soft drinks and fruit drinks with something your body needs, like water, low fat milk, fortified soy beverage, or 100% fruit juice will help you get and keep a healthy weight.

Some tips to help you cut calories and increase your daily intake of healthier beverages, especially water:

- Keep a pitcher of water filled in the refrigerator or next to your bed.
- Keep a reusable bottle of water at your desk.
- Turn on the tap! Tap water is cheaper than bottled water, and environmentally friendly. If your drinking water comes from a well, it's important to have your well water tested for bacteria a minimum of three times per year.
- Enjoy a glass of low fat milk or fortified soy beverage at your next meal.
- Start your day with a glass of water and 125 mL (½ cup) of 100% fruit juice.
- Try sparkling water or low sodium club soda with a slice of lemon, lime, or orange for a bubbly low calorie beverage.
- Drink a glass of water before eating your meal.

Drink tap water

Enjoy 100% fruit juice

Try sparkling water