

6 tips to drink more water

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MASONIC MEDICAL CENTER IN CHICAGO, GIVES ADVICE
ON HOW TO STAY HYDRATED.

With the summer heat upon us, here an infographic to help you stay hydrated.

Wishing you joy and good health,
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1. ADD FLAVOR

Adding fruit can help improve the taste and help you drink more water than usual.

2. GET A TRACKING APP

The general recommendation for women is about 2.7 liters of total water each day and is an average of approximately 3.7 liters of total water daily for men.



3. GRAB A SPARKLING WATER

Having sparkling water is a great alternative to drinking sugary beverages.

4. ALLOW THIRST TO BE YOUR GUIDE

Research has indicated the majority of healthy people adequately meet their daily hydration needs by drinking water when they feel thirsty.



5. EAT WATER-ENRICHED FOOD

Many foods, such as raw fruits and vegetables, have high water contents. After all, 20 percent of daily water intake comes from food.

6. MARK UP YOUR BOTTLE

Put little tabs on your water bottle and set goals for yourself so you'll know how much you should drink throughout the day.

