



**PETALUMA PEOPLE  
SERVICES CENTER**

**Nutrition News You Can Use - October 2020**

**FLUIDS & HYDRATION**

Water is the principle chemical in the body and makes up about 60% of your body weight. Every cell, tissue and organ in your body needs water to work properly.

For example, water:

- Gets rid of wastes through urination, sweating and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues
- Lack of water can lead to dehydration leading to decreased energy. Water is lost through many forms of daily activity including breathing

It is important that you replenish any water lost by drinking beverages and foods that contain water. 20% of most people’s fluid intake comes from foods that they eat.

If you feel thirsty, you are likely already dehydrated. Monitor the color of your urine. The goal is light color yellow or colorless.

**How much should I be consuming per day?**

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- 15.5 cups of fluids for men
- 11.5 cups of fluid for women
- Minimum 6 cups per day

**Sources of Fluid**

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|--------------|----------------|-----------------------|
| • Milk       | • Sports Drink | • Ice Cream/Sorbet    |
| • Herbal Tea | • Soup         | • Fruits & Vegetables |
| • Juice      | • Popsicles    |                       |

Fluids that don’t improve hydration include: Alcohol, Caffeinated Beverages and Energy Drinks - these contain caffeine and various other stimulants

Different factors can increase your fluid needs. These include:

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|---------------------------------------|---|
| • Exercise                            | • Increased Urination                     |
| • Hot or Humid Weather                | • Medications - Diuretics                 |
| • Illness – fever, Vomiting, Diarrhea | • Chronic Disease – Uncontrolled Diabetes |
| • High Altitudes                      |   |

**Suggestions**

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- Choose fresh fruits and vegetable more often
- Choose calorie free or low-calorie beverages more often
- Consult your physician or registered dietitian if you have any questions.

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Employment and Petaluma Bounty Farms.

[www.petalumapeople.org](http://www.petalumapeople.org)

**707-765-8488**

This information is provided by PPSC, with funding provided by the Sonoma County Human Services, Area Agency on Aging.

Prepared for you by Jessica Sherwood

- Source: The Mayo Clinic at: <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>  
The Mayo Clinic at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>