

Why Your Drink Choice Matters

It's common to hear that water is essential for your health. But why?

Drinking water can help prevent dehydration, helps keep skin bright, improves mood, boosts energy, helps fight off illnesses, helps you lose weight, helps with nutrient absorption, aids in digestion, prevents constipation, protects your tissues, and regulates your body temperature.

You get most of your water from drinking beverages, but food also contributes a small amount to your daily water intake. Follow these tips to drink more water and help completing this week's challenge!

Tip #1:

If plain water isn't your thing, don't worry. Try sparkling water or mix it up with the combinations below or experiment with your favorite ingredients.



cucumber & fresh mint leaves



watermelon & fresh basil leaves



oranges & limes



kiwis & strawberries

Tip #2:

Water isn't your only choice to hydrate but avoid beverages that pack calories without beneficial nutrients. Here are a few dos and don'ts. 😊

DO

- Fat free milk or unsweetened soy milk
- Fruit smoothies
- 100% fruit juices
- Unsweetened coffee or tea

DON'T

- Flavored coffee drinks
- Sports drinks
- Sodas and sweetened waters
- Alcohol

Tip #3:

Don't just drink your water. Eat it too! Water rich fruits and vegetables can play a big role in helping you meet your body's hydration needs. The following consists mostly of water while also providing key vitamins, antioxidants, and heart healthy fiber.

- Lettuce
- Bell peppers
- Watermelon
- Tomatoes
- Asparagus
- Strawberries

Tip #4:

Drink throughout the day, not just at meals. It is important to be consistent and you won't have to play catch up at night. Here are a few tips to help with consistency.

- Start and end your day off right! Have a glass of water when you wake up and about an hour before you go to bed.
- Drink on a schedule! Set reminders to drink throughout the day.
- Keep your glass filled! When you finish a glass or bottle of water, refill it right away.