

Hydrate Right this Summer!

Adapted by Chaya Charles, RDN
from www.eatright.org

About 60% of our body is made of water. It plays a role in keeping all of our systems working well. Drinking enough fluids daily can help reduce your risk of developing kidney stones, urinary tract infections and constipation.

If you lose more water than you take in each day, you will become dehydrated, which can lead to headaches, dizziness, digestive problems, and in severe cases kidney failure, hospitalization and even death.

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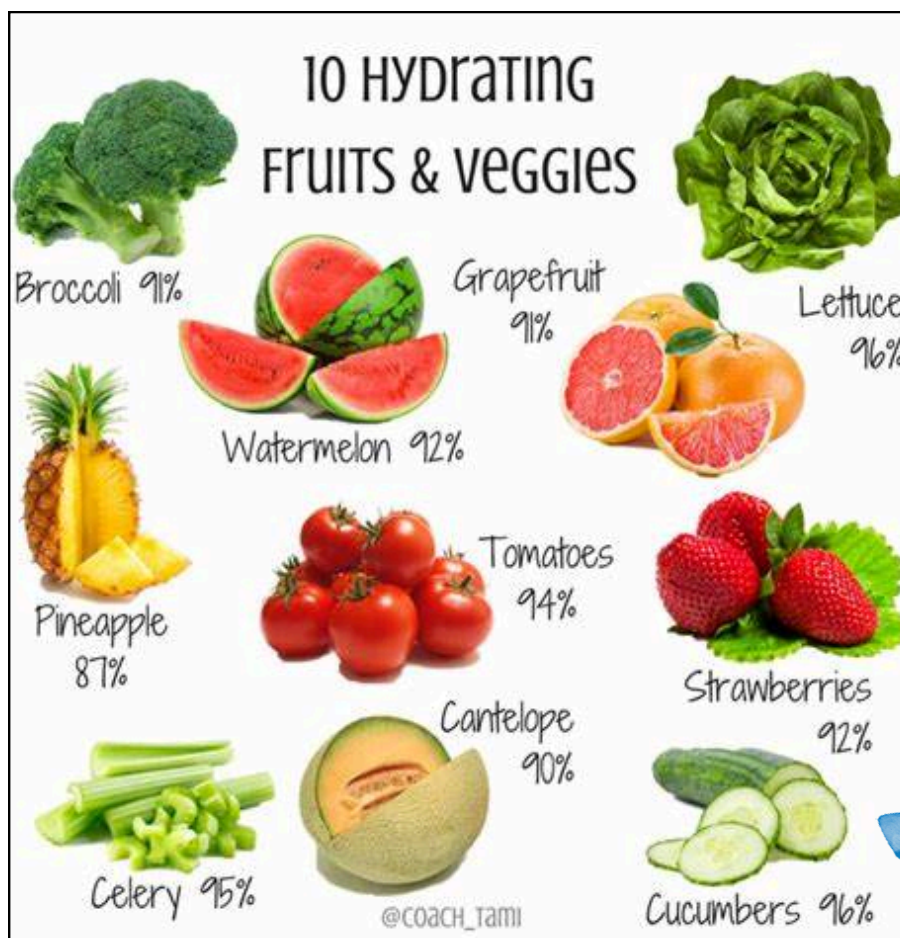


How to Make Sure You Get Enough

Remember that fluids come from more than just water. Any decaffeinated, non-alcoholic beverage helps meet your fluid needs. Food items like soup, ice cream, and popsicles are 90-100% water.

Fruits and veggies can also be great sources of fluids. See the graphic below for some ideas!

Everyone's fluid needs vary, but in general women need about 9 cups and men need 13 cups daily. Physical activity, sweating, urination frequency and medical conditions can all make your needs more or less than the general recommendation. Keep an eye on the color of your urine to quick check your hydration. Dark, amber colored urine can mean you are not drinking enough! To discuss your specific fluid needs, contact your Registered Dietitian, Chaya Charles (#315-598-4712).



This month's featured vegetable is CUCUMBERS!!