

Increasing Appropriate Fluid Intake

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Getting adequate hydration



At some point, we have all heard, “Drink lots of water!” Yes, water is good for us, but too much actually flushes nutrients from our system.

Most people need a minimum **10–12 cups daily** of water or equivalent hydrating beverages. You can also estimate body weight-specific fluid guidelines by multiplying your weight in lbs. by .7 to calculate the ounces you need.

And how do other beverages fit into the overall diet plan? Here are some answers.

Beverages and foods that count toward daily water needs:

- **BEST:** water, seltzer, club soda, mineral water, flavored water
- **Very good:** 100% fruit juices, lemonade, tomato and vegetable juices lowfat/skim milk, sport beverages
- **Good:** raw fruits and vegetables
- **So-so:** soft drinks (diet soft drinks in moderation), decaffeinated coffee, yogurt
- **Not so good:** caffeinated beverages / alcohol are diuretics and do not count toward water intake

Top ten ways to increase your fluid intake & decrease caffeine

1. Drink 8 to 16 ounces water-based beverage (water, juice, milk) with every meal and snack
2. Alternate non-caffeinated beverages between caffeinated beverages throughout the day
3. Limit caffeinated beverage intake after a certain time of day (for example, 1 pm)
4. Set a reasonable limit on coffee intake (for instance, 1 to 2 cups per day)
5. Substitute decaffeinated tea, soda, or coffee for some of your caffeinated drinks
6. Increase your vegetable juice and milk consumption (2 cups of vegetable juice = minimum 4 vegetable servings per day; 2 cups milk = minimum dairy intake per day)
7. Try carbonated calorie-free fruit flavored waters and dilute juices with water
8. If you work out or complete athletically, pre-hydrate before training with 2-3 cups of fluid within 2 hours before activity
9. Alternate plain club soda with alcoholic beverages
10. Keep a water bottle with you (freeze overnight so it stays cool during the day)



Your beverages can fulfill food group needs!

- Juice can meet daily allowance of fruit
- Milk is an important part of the dairy group
- Vegetables come in juice form
- Juices and sports drinks are sources of micronutrients like potassium, electrolytes, and vitamins
- Beverages are an easy way to meet food group needs without getting full

For related information, watch *Page Love* on this **FOX News** story about coconut water. [Click here to see the video.](#)

