



Works to keep you well hydrated

# Fluid

## *What is fluid?*

Next to oxygen, water is most important for life. Water makes up more than half the weight of adults and children. Every cell in the body needs water to work properly. Since the body cannot store water, you must replace it daily. Water comes from different sources. Most of the water you need comes from what you drink, but many foods also have water.

## *How do I maintain or improve my intake?*

- Drink at least \_\_\_\_\_ cups of fluid daily.
- Drink water and beverages throughout the day.
- Drink before I become thirsty.
- Increase my usual fluid intake in hot weather or when I have a fever.
- Drink extra fluids before, during, and after being extra active or playing sports.
- Other actions: \_\_\_\_\_

## *Why should I care?*

Water has many important roles and is found everywhere in your body, such as in your:

1. Lungs to help thin mucus.
2. Saliva to help swallow food.
3. Stomach to help digest food and eliminate waste products from the intestines.
4. Blood to keep it flowing to carry oxygen and nutrients to all parts of the body.
5. Nose, mouth, skin and eyes to keep them moist.
6. Sweat to help cool your body down when it is overly hot.

## *How much fluid do I need?*

The amount of fluid you need depends on your age, weight, activity level, climate, and state of health. Relying on your sense of thirst to guide how much to drink isn't a good indicator. By the time your brain signals you to drink, you may already be dehydrated. Some symptoms of dehydration are: headache, nausea, loss of appetite, and feeling tired. The color of your urine may help you know if you are getting enough fluids. Urine should be very pale yellow, but vitamins and medications may temporarily affect color. Your Registered Dietitian can help you figure out how much fluid you need each day, and help you decide on the best sources.



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## What are good sources of fluid?

All the beverages in the table below are good sources of water. See how your favorite drink compares:

<b>Beverages</b>	<b>Nutrients</b>	<b>Calories</b>
Water	None	None
Milk & Milk Beverages	High	High
Fruit Juices	Medium to high	Medium
Sports Drinks	None	Low to High
Soda, coffee, tea	None	None to High

In addition to beverages, many foods have lots of water. Examples are:

<b>Food</b>	<b>Percent water</b>
Soup	92
Watermelon	92
Yogurt	91
Orange	87
Cooked cereal	85
Commercial jarred baby food	85
Potato	77
Pudding	75
Egg	75
Cooked pasta	66
Ice cream	61

## Can I get too much fluid?

Yes, too much fluid can be a problem. If you have any questions, ask your physician.

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