



Tips to Help Prevent Dehydration

- Aim for at least five 8-ounce glasses of water per day
- Don't wait until you feel thirsty to drink water or other fluids
- Take sips of water, milk, or low-sugar juice between bites during meals.
- Eat more low-fat low sodium soup, add fruits or vegetables which also contain water.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Flavor water with fresh lemons, strawberries or other fruits.