

STAYING HYDRATED with water

BENEFITS OF DRINKING WATER

- Keeps you full and can promote weight loss
- Prevents some forms of kidney stones
- Prevents dehydration
- Cushions organs
- Keeps skin clear
- Can prevent Urinary Tract Infections, especially in elderly individuals
- Provides fluoride, essential for healthy teeth and bones



Sometimes, when you think you're hungry, your body just needs water. When this happens, try drinking a large glass of water, then see if you are hungry. Usually, by the time you're feeling thirsty, you're often already on the way to dehydration.

Research consistently shows the people who drink sugary drinks, including sodas, sweet tea, sports drinks, fruit drinks and even lemonade, are more likely to be overweight, and don't compensate for the extra calories they're consuming. Water has zero calories.

TIPS TO HELP YOU DECREASE SUGAR SWEETENED BEVERAGES:

- Drink 1 glass of water between every sugary drink
- Try diet sodas or adding artificial flavor packets to your water
- Have herbal tea with a mint leaf
- Try water with a slice of orange, a berry, cherry, or a few cucumber slices
- When drinking sweet tea, make the glass 25% sweet and 75% unsweet, over time make it 90% unsweet and 10% sweet tea.

Your body is made up mostly of water, and needs water throughout the day. Remember, as the weather cools off, you need the same amount of water, even if you're not sweating.

Birmingham water is fluoridated and is tested annually to ensure it is safe.

"The Safe Drinking Water Act (SDWA) Amendments of 1996 include a provision requiring states to provide an annual report on public water system violations of national drinking water regulations to EPA, and to make a copy of the report available to the public." This is available on the Alabama Dept of Environmental Management site.



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MAKING GOOD HEALTH SIMPLE.