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You may have heard that you should drink 8 glasses of water a day. The truth is actually close to that, but depends on who you are, where you live, and how much exercise you get each day. According to the Mayo Clinic, water is about 60% of your body weight, and every system in your body depends on it. If you don't get enough water, you may feel tired and may get dehydrated. This is because your body continues to lose water through breathing, sweating, and going to the bathroom. You have to keep drinking fluids to replace the water your body uses. You know you drink enough water if you don't usually crave, and your urine is clear or light yellow. These tips from Mayo Clinic staff will help you figure out how much water to drink each day: Most men need about 13 cups of fluid a day, and most women need about 9. While water is better, drinks including milk and juice are mostly water - so these count, too. Drinks containing caffeine, alcohol or a lot of sugar, including beer, wine, coffee, tea and soda, should be restricted. Food also contains liquid. A typical diet gives you about 20% (or 1/5) of the liquid you need. Many fruits and vegetables, such as watermelon and zucchini, are mostly water by weight. You need more fluid to replace what you lose through sweating. Drink an extra cup or 2 water after exercise, in hot or wet weather, or if you have a fever. You may also need more liquid in dry conditions, such as inside with heat, or at high altitudes. Pregnant women need an extra cup of fluid per day, and women who breastfeed need about 4 extra cups. Bottom line: Drink a glass of water with each meal, between every meal, and before, during and after your workout. Some warnings may be to drink too much water and suppress the kidneys, although this is only very rare, and hardly ever in healthy adults who eat a typical diet. Some people with diseases including heart failure and some types of kidney, liver and adrenal disease may be told by their doctor to limit how much fluid they drink. Thanks to budget travel sites like AirBnB, countless airline search engines, and even globe-trotting culinary internships, travel has become more accessible than ever. As a result, your Instagram feed is likely littered with the latest travels of friends on mountaineering and all the amazing food that goes with it. But behind the lens of social media, there are smart and safe travel tips everyone needs to know before jet setting. The most important of these is where you can actually drink tap water. While it's widely known you don't have to swallow down H2O in Mexico (see Sex and the City movie Charlotte while relaxing girls), there are number of countries around the world where you should never drink tap water so you don't get a stomach bug or diarrhea contract norovirus or or or or worse (e.g. Legionella). Thanks to interactive maps from Just the Flight, you can now easily identify each country to not only check the safety of their tap water, but also to detect the average price of bottled water there. The infographic, collected from the Centers for water.org Disease Control and Prevention, provides the most accurate and accurate information. For the most part, in countries where tap water is not safe, bottled water is fairly affordable, hovering at around 50 cents to \$1 each. But there are some exceptions, as in Costa Rica, where the bottle will set you back \$2 or more. Here are the highlights: Follow Delish on Instagram. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io your body is about 70% water, and drinking enough of it is vital for optimal health (1). Water plays many roles in your body, including maintaining electrolyte balance and blood pressure, lubricating joints, regulating body temperature, and promoting cell health (1, 2). While everyone knows that it is important to stay hydrated, it can be difficult at times. Here are 12 easy ways to drink more water. Share on Pinterest Before you decide to drink more water, you have to understand your body's fluid needs. The overall recommendation for daily water consumption is 64 ounces (1,920 ml), or 8 cups, but this is not based on science (3). The National Academy of Medicine (NAM) recommends that men consume 125 ounces (3,700 ml), while women consume about 90 ounces (2,700 ml) of liquid per day, including liquid from water, other beverages and food (4). However, NAM recognizes that it is not ideal to make broad recommendations about fluid needs, as they depend on your level of activity, location, health status, and more (5). For most, just drinking to quench your thirst will ensure that you meet your fluid needs. However, you may need more fluids if you exercise regularly, work outdoors or live in a hot climate (5). Setting a daily water consumption goal can help you drink more water. Just the act of setting a goal can be a motivation and make you more likely to make positive changes that last (6). To be effective, the goal must be SMART, which is an acronym for the following criteria (7). Specific Measurable Attainable Realistic Time-related In the example, one goal of water consumption SMART can be to drink 32 ounces (960 ml) of water per day. It can also help to record your progress, which can keep you motivated for your goal - and make it a habit. Keeping a water bottle with you during the day can help you drink more water. If you have a reusable water bottle, you can easily drink water in any setting, whether it's running errands, traveling, or at home, at work or at school. Keeping a bottle of water at hand can also serve as a visual visual Drink more water. If you see a bottle at your desk or desk, you will constantly be reminded to drink more. It is also better for the environment than relying on disposable plastic water bottles. You can also set reminders to drink more water using an app or alarm on your smartphone or smart watch. For example, try setting a reminder to take a few sips of water every 30 minutes, or set a reminder to finish drinking the current glass of water and refill it every hour. These reminders can help you increase your water intake, especially if you are struggling with forgetful or too busy to drink. One way to drink more water - and boost your health and reduce your calorie intake - is to replace other drinks, such as soda and sports drinks, with water. These drinks are often full of added sugars, which can be extremely harmful to your health. For optimal health, limit your added sugar intake to less than 5% of your calorie intake. Only one 8-ounce (240 ml) cup of soda per day can exceed this limit (8). Diets high in added sugars have been linked to obesity and other diseases such as type 2 diabetes and heart disease (9, 10, 11). Also, replacing these sugary drinks with water is a simple and cheap way to cut calories, potentially helping you lose weight. Another easy way to increase your water intake is to make a habit of drinking one glass of water before each meal. If you eat 3 times a day, it adds an extra 3 cups (720 ml) for daily water consumption. Also, sometimes your body may err on the feeling of hunger cravings. Drinking a glass of water before eating can help you discern whether you feel a true hunger (12). What's more, if you're trying to lose weight, drinking a glass of water can help you eat fewer calories at your next meal (13, 14). In America, most tap water is safe to drink. However, if you have concerns about the quality or safety of tap water, consider buying a water filter. There is a filter for almost every budget, from expensive water filtration systems from the whole house to inexpensive jugs for water filtration. In addition, water filtration can improve the taste. Water filters, such as water-filtering jugs or filters that attach directly to the faucet, can reduce the level of bacteria transmitted through water, lead and arsenic in contaminated tap water to safe levels (15, 16, 17). Using a water filter is also less expensive and more environmentally friendly than buying bottled water, which is often no different from tap water (18). If you don't like the taste of water, or just need a little flavor to help you drink more, you have many options. Using an inexpensive fruit-infuser water bottle is one healthy option. Popular fruit combinations for use in an infuser bottle are cucumber-lime, lemon, and strawberry-kiwi. Although, you can use any combination of fruit that matches your taste. You can also buy water water in powder or liquid form to add to the water, but keep in mind that many of these products contain sugar, artificial sweeteners, or other supplements that may harm your health. If you work a standard 8-hour workday, drinking a glass of water every hour you are at work adds up to 8 cups (1,920 ml) for daily water consumption. Fill the cup as soon as you get to work, and at the top of each hour, just drink the remaining water and refill. This method will keep your water intake consistent throughout the working day. Sipping water consistently throughout the day is another easy way to help you meet your fluid goals. Achieving a sip of water consistently throughout the day will keep your mouth from drying out and can even help keep your breath fresher (19, 20). Keep a glass of water or a reusable bottle nearby and within your line of sight for constant visual reminder to take a sip. One easy way to get more water is to eat more foods that are high in water. Fruits and vegetables that are particularly high in water include (21, 22, 23, 24, 25, 26, 27): Salad: 96% water Celery: 95% water Cucchini: 95% water Cabbage: 92% water Watermelon: 91% water Cantaloupe: 90% watermelon Water Honeydew: 90% water In addition to their high fluid content, these fruits and vegetables are packed with vitamins, minerals and antioxidants that contribute to your overall health. An easy way to increase your water intake is to just drink one glass when you wake up and another before you go to bed. A glass of cold water in the morning can help wake you up and increase your vigilance (28). In addition, drinking water before bedtime can keep you from waking up with dry mouth and bad breath (19, 20). Adequate water consumption is essential for good health. The National Academy of Medical Academy estimates that most people need 90 to 125 ounces (2,700-3700 ml) of liquid per day, including water liquid, other beverages and food. However, it can be difficult to drink water normally, especially if you are busy, regularly forget to drink, or don't like the taste of water. Choosing from these 12 simple tips can help you increase your daily water intake. Consumption, drinking water treatment books pdf

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