

Hydration & Electrolytes

Understanding the importance of hydration and rehydration

Water and electrolytes are essential to life and for various bodily functions, including maintaining proper hydration, transmitting nerve impulses, and regulating pH levels

How much should I be intaking?

Water: 1/2 Bodyweight (lbs) in ounces daily

200lb person should intake 100fl oz MINIMUM

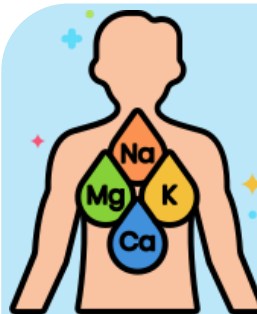


Don't Like Taste of Water? Add:

- Flavored Tea Bag
- Fruit
- Cucumbers
- No/Low Sugar Flavor Enhancer Packets

Can't Remember to Drink Water?

- Set an Alarm
- Keep a Glass Next to Bed
- Keep a Bottle Next to Bathroom Sink



Electrolytes

- Sodium
- Chloride
- Potassium
- Magnesium
- Calcium

Found In:

- Sodium-Rich Foods
 - pretzels, crackers, salt
- Foods High in Potassium
 - bananas, potatoes
- Foods High in Magnesium
 - almonds, cashews, beans
- Foods High in Calcium
 - milk, yogurt, broccoli



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