

How much water are you drinking?

If you're not drinking enough water, what are you drinking? Soda, energy drinks, sugar-sweetened beverages...maybe nothing. In a recent survey, researchers found that:³

- ✓ 7% of adults don't drink any water
- ✓ 36 % of adults drink 1 to 3 cups of water a day
- ✓ 35 % of adults drink 4 to 7 cups a day
- ✓ 22% of adults drink 8 cups or more per day

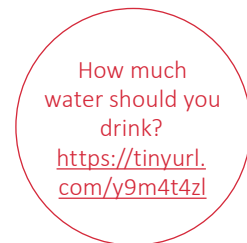


Take a closer look at the survey results. Are you drinking enough water? At least 43 percent of adults aren't drinking enough water. About 8 cups of water a day is recommended.

Make this simple change to drink more water

If you want to develop a healthy habit to drink more water, start small. Drink one more glass of water a day than you normally do.

In a recent study, researchers wanted find out what would happen with one simple swap. Replace on soda a day with a glass of water.⁴ Researchers found that just one extra glass of water a day helped reduce calories, control hunger, support weight management, and improve overall health.



Simple Ways to Improve Your Diet

If you want to drink more water to improve your health, there are many things you can do to develop this healthy habit.



- ✓ **Wake up with water.** Drink a glass of water in the morning when you first wake up. Have a glass of water when you get home. And drink a glass of water before going to bed.
- ✓ **Hydrate for hustle.** Drink before any physical activity such as walking, hiking, or biking. Drink at least every 30 minutes during moderate activity.
- ✓ **Use a water bottle.** Keep a bottle of water beside your desk at work. Drink often throughout the day.
- ✓ **Drink water before meals.** Water can help suppress your appetite if you're trying to lose weight.
- ✓ **Freeze first.** Fill a water bottle and freeze it. Take it with you for an ice-cold drink later in the day.
- ✓ **Add one glass of water a day.** Drink water in place of caffeinated beverages, alcohol, and sugar-sweetened drinks.

If water doesn't taste good to you, filter it. Keep a pitcher in the fridge. Buy bottled water. Or add lemon or lime slices to water to improve the flavor.

With a little effort, you can make drinking more water a healthy habit. It's easy to do, and it's inexpensive. Fill up a glass or your water bottle to enjoy a drink to good health.

References

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4. Duffey, K., et al. (2016). Modeling the effect of replacing sugar-sweetened beverage consumption with water on energy intake, HBI score, and obesity prevalence, *Nutrients*, 8(7): 395. From: <https://tinyurl.com/rdrk2tx>