

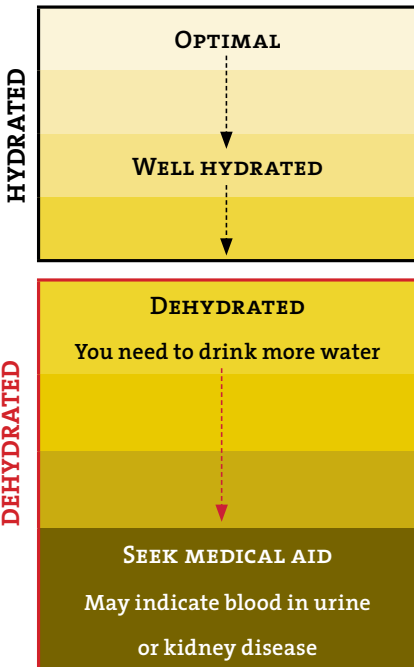
NUTRITION

Hydration

The first step to being well hydrated is to drink fluids and eat foods high in water content throughout the day.

Try to drink half your body weight in fluid ounces per day. For example, 150 lbs x 0.5 = 75 fluid oz.

ARE YOU HYDRATED? TAKE THE URINE COLOR TEST



This color chart is not for clinical use.

Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.

Hydration During Exercise

Many factors affect hydration needs, including how much you sweat, the type and duration of exercise, the environment, and type of equipment worn. Below are some general guidelines, and remember to drink when you feel thirsty.

For exercise lasting up to one hour:

Drink: Water

When: 3–8 oz every 15–20 minutes (a gulp is about 1–2 oz)

For exercise lasting longer than one hour:

Drink: Water + Carbs + Electrolytes

Sports drinks should contain (per 8 oz):

- Carbs 10–20 g
- Sodium 50–200 mg
- Potassium 20–100 mg

When: 3–8 oz every 15–20 minutes

- During exercise, limit fluid intake to 1 qt/hr or as much as 1.4 qt/hr in hot weather.
- When you are active in extreme environments such as heat, humidity, cold, or altitude, your fluid needs may be much higher.
- Do not exceed 12 quarts per day in any environment (1 qt = 32 oz).

Hydration After Exercise

Dehydration greater than 2% of body weight can impair heat regulation and mental and physical performance.

Review your hydration status by checking your weight before and after exercise whenever possible. More than a 2% weight loss indicates dehydration. (For example, 2% weight loss in a 150 lb warrior is 3 lbs.) You also can use the urine color chart on the left to estimate how hydrated you are.

Rehydrate with fluids and foods. For every pound of body weight lost, consume 16–24 oz by drinking fluids and eating high-water-content foods throughout the day.

- Fluids = water, sports drinks, 100% fruit juice (diluted), milk, and milk alternatives (soy, almond)
- Foods = fruit (watermelon, grapes, peaches, etc.), high-water-content vegetables (zucchini, celery, cucumbers, tomatoes), soup, yogurt, and sherbet/sorbet

Replenish sodium by consuming beverages or foods that contain sodium (salt).

Drinking too much plain water and/or not consuming enough sodium can result in hyponatremia (low sodium levels in your blood), which can be very serious if not treated. Be aware of the signs and symptoms: headache, vomiting, swollen hands and feet, confusion, and wheezy breathing.