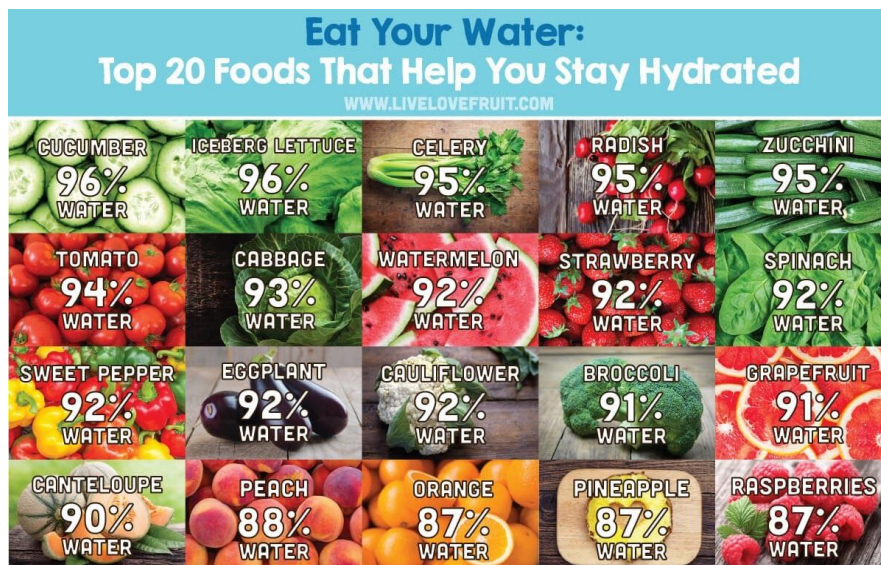
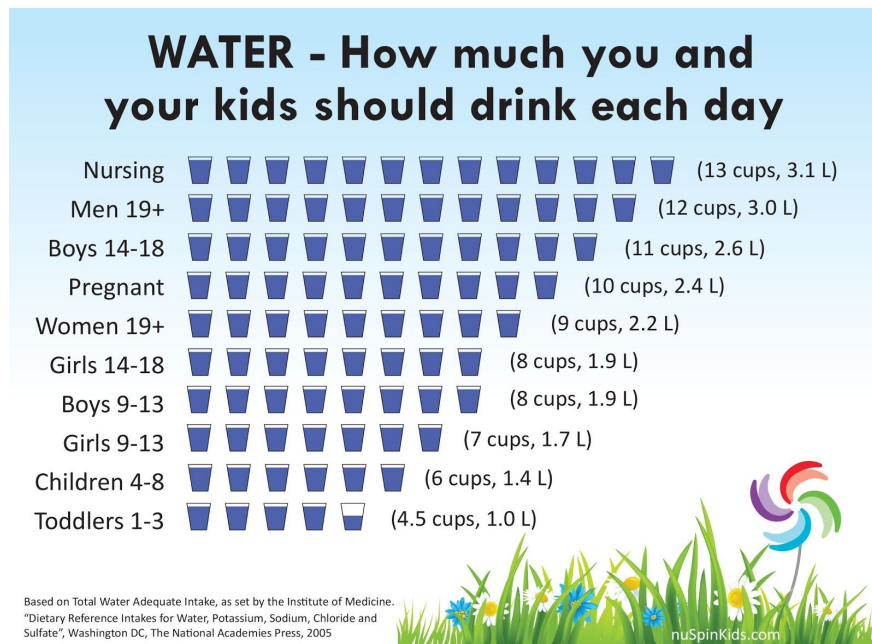


## Hydration

1. Take a look at the article in the link below on hydration from the American Heart Association.
2. Consult the following charts to help you reach your hydration targets
  - a. Chart 1 indicates how much water you should be taking in
  - b. Chart 2 gives you a list of foods that contain water
  - c. Chart 3 shows how you can monitor hydration by observing the color of urine

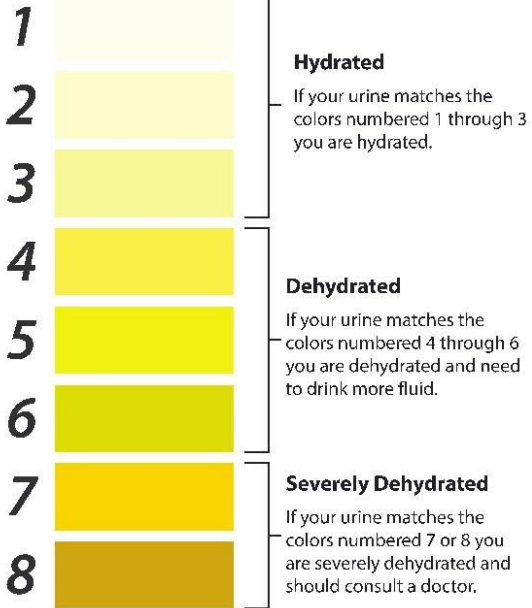
### [Staying Hydrated - Staying Healthy](#)



# Are you hydrated?

## Urine Color Chart

Use this urine color chart to assess if you are drinking enough fluids to stay hydrated throughout the day.



**Precaution:** Certain medicines and vitamin supplements may change the color of your urine. The colors on this chart should only be used as a guide.

S300PB

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