



# Liquid Logic: Hydration Myths & Facts

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## MYTH

**Everyone should drink 8 glasses of water a day**

## FACTS

Hydration needs differ by individual, with many factors such as age, gender, activity level, diet, health, medications, and environment all impacting fluid needs.<sup>1,2</sup>

In general, the National Academy of Medicine suggests 100 fluid ounces (or twelve and a half 8 oz glasses) for men and 70 fluid ounces (or almost nine 8 oz glasses) for women.<sup>1</sup>





## MYTH

**Drinking water is the only way you can hydrate**

## FACTS

All fluids count—including coffee, tea, milk, and other beverages.<sup>2</sup>

Additionally, ~20-30% of our fluid intake comes from foods with high water content such as fruits, vegetables, eggs, animal protein (seafood, beef, chicken, and pork), & cheeses.<sup>1,2</sup>



## MYTH

**If you're not thirsty,  
you're well hydrated**

## FACTS

Thirst isn't always a reliable indicator of hydration status. Check your urine — normal to high output and/or pale yellow color (similar to lemonade) means you're likely well-hydrated.<sup>1-3</sup>

Other potential indicators of dehydration include headache, fatigue, dizziness, and dry mouth, among others.<sup>1-3</sup>





## MYTH

**Caffeine  
dehydrates you**

## FACTS

Research indicates moderate coffee or tea consumption (up to 4 cups per day or ~400 mg caffeine) does NOT lead to dehydration.<sup>4-6</sup>

While caffeine may have a mild diuretic effect, the water in caffeinated drinks still contributes to your daily fluid intake and hydration.<sup>4</sup>



## MYTH

**More water is always better**

## FACTS

Overhydration can lead to hyponatremia, a dangerous drop in sodium levels. Balance is essential – be mindful of your intake and listen to your body.<sup>2</sup>





# Empowered Education

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## References:

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