



DRINK AND EAT TO *hydrate for health*

Year-round, whether it's hot and humid in the summer or cold and chilly in the winter, staying hydrated is a top priority for good health.

Essential for Life

It's probably no surprise that water plays a critical role in the body— you can't live without it! Water is vital to every cell, tissue, and organ in order for them to work properly.



Drink and *eat* to Hydrate

Drinking beverages is one way to stay hydrated. In fact, about 80 percent of our total fluid intake comes from drinks. Surprisingly, the remaining 20 percent comes from many of the foods we eat. Fruits and vegetables, for example, contain large quantities of water that are easily absorbed and used by the body for hydration the same way it uses the fluids we drink.



hydrate with Grapes from California

Fresh grapes are about 82 percent water, which explains their juicy and refreshing appeal. Plus, grapes are healthy, portable, and delicious. Whether at home or on the go, think beyond beverages to help hydrate. Popping grapes can help quench thirst pretty much anytime, anywhere!



How *much*?

Daily fluid needs differ for men and women, and can increase depending on other factors, such as high levels of physical activity, prolonged exposure to heat or humidity, and illness. The Institute of Medicine recommends that healthy people generally aim for these amounts of total fluid, from a combo of beverages and foods, per day:

- ✓ Men: 15-plus cups
- ✓ Women: 11-plus cups
- ✓ Children and Teens: 9 - 14 cups

Did you know that a typical adult loses about ten cups of fluid a day just through normal body functions like perspiring, breathing, and urination? That's a lot—which is why staying hydrated is so important!

Frozen Grapes: A Cool, *refreshing* and Hydrating Treat

Freezing grapes is simple and easy, and can be done with small clusters or individual grapes. Just give the grapes a quick rinse and pat dry. Then put the clusters of grapes in a bowl, or the loose grapes in a single layer on a sheet pan, and pop them in the freezer. After two hours, the grapes are ready to eat.

