

## Go With the Flow!

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Are you thirsty?

Then grab something to drink while you read this, because your body needs it!

Hydration (making sure your body gets enough liquid) is a full-time job. For an active teen, drinking water and other healthy fluids should be so routine that it's almost a "mindless habit."

### Why you need fluid

All day long you lose water. Fluid leaves your body when you urinate, when you sweat, when you breathe, and even when you sleep.

Your body needs fluid to function. Most teens need about 2 1/2 quarts of fluid (that's 76 ounces or 2,500 ml) every day. If you're an athlete, you need much more.

It's important to stay hydrated all the time. This is especially true when you are sick. Fluids enable your body to cope with fever and help you to flush toxins from your system.

### A QUICK LOOK AT CALORIE COUNTS

This chart shows calorie counts for typical servings of popular drinks.

Can of cola (12 oz)	140 calories
Lemonade (16 oz)	200 calories
Sweetened iced tea (16 oz)	200 calories
Orange juice (16 oz)	220 calories
Apple juice (16 oz)	240 calories
Chocolate drink (11 oz)	180 calories
Sport drink (32 oz)	200 calories
Punch (16 oz)	240 calories

Guess what happens when you choose an extra-large version of your favorite drink? A 32-ounce cola has 400 empty calories. Try filling-up with cold water or skim milk.

### How do you know if you're drinking enough?

Get in the habit of checking the color of your urine. It should be clear, almost like water. If it's not, you probably should be drinking more.

### Watch out for hidden calories

Drinks with lots of sugar are drinks with lots of calories. Juices, sodas, sweetened iced tea, and punch can be loaded with sugar. Read the nutrition label on the bottle and do the math!

### Where to find your fluid

Drinks that provide your body with essential fluids and nutrients will help you grow and stay healthy. But beware of drinks loaded with sugar that provide little more than a lot of empty calories. Most experts want you to be cautious about drinking diet beverages and highly caffeinated drinks like coffee because scientific data about safety are lacking. So if you have the choice, choose water or flavored seltzers. Take the time to make good choices!

1. Low-fat dairy products are always good, especially for teens, who are building bone. If you can't drink milk, then substitute up to 12 ounces of a calcium-fortified juice each day.
2. Fresh fruit provides fluid along with vitamins and fiber. If you're in a hurry, grab some grapes.
3. Get creative! How about unsweetened home-brewed decaffeinated ice-tea with cut-up fruit slices?
4. When in doubt, go with what you know. You can never go wrong with water!

Good hydration is one of the easiest ways to foster all-around good health. Learn to grab that water bottle on your way out the door. Drink water when you walk, when you work out, and when you study. Go with the flow!

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