

# nutrition tip

## hydration



### Hydration Options:

- Box water
- Powerade
- AHA sparkling water
- Watermelon
- Cucumber
- Cataloupe
- Pineapple
- Berries

## 01 Make it a habit!

Set yourself up for success by always carrying a water bottle with you. You can refill it at hydration stations across campus if you have a busy day!

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## 02 Make drinking water fun!

There are several easy ways to make drinking water more exciting. Add citrus fruits, herbs or other flavorings to help you drink more water throughout the day! Try switching regular water for a flavored sparkling water with meals.

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## 03 Hydrate with foods!

Many fruits and vegetables have higher water content. Watermelon, berries, cucumbers and pineapple are great options to increase your water intake without actually drinking water.