

A Message From Your Nutritionists

After a long, cold winter in NYC, summer is finally here! As we switch from shivering to sweating, here are some tips to keep hydrated:

- ✓ Drink before you feel thirsty! Thirst is a signal of dehydration, so it is better to prevent thirst all together.
- ✓ Eat fruits and vegetables daily. They are a source of water as well as nutrients.
- ✓ Drink at least one glass of water before each meal.
- ✓ Always keep a large water container around for easy access.
- ✓ Set reminders on your phone, watch, or computer to remind you to drink.
- ✓ Add a slice of lemon, cucumber, lime, basil, or berries to your water to add flavor without adding extra calories.
- ✓ Urine is an easy indicator of hydration status: pale yellow urine indicates hydration, whereas dark yellow, smelly, or cloudy urine means you need to drink more.