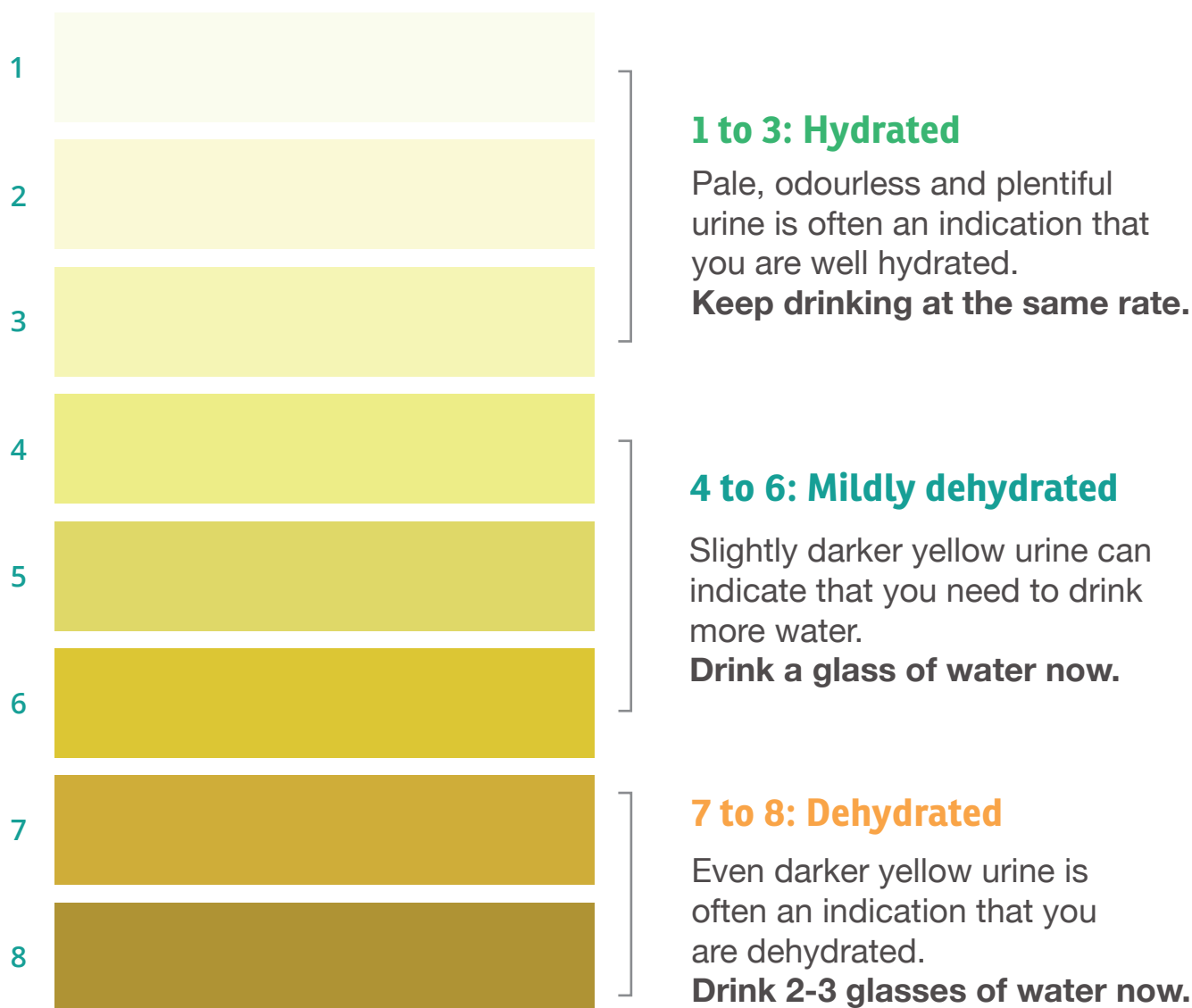




Am I drinking enough water?

Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water each day to stay healthy.



What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

Sources:

Kidney Australia - Drink water instead factsheet
Armstrong et al.; Urinary indices of hydration status; Int J Sport Nutr. (1994)
Armstrong et al.; Urinary indices during dehydration, exercise and rehydration; Int J Sport Nutr. (1998)