



The Importance of Drinking Water

By: Agata Williams, RDN

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You probably heard that you can survive without food longer than without water, but do you know why?

Importance of Water

Water is part of our blood - hence it distributes nutrients to cells; our muscles and organs need water to function properly; we need water to eliminate waste (urine and stool); to regulate our body temperature (via sweating) and to keep our joints, eyes and lips moist so that they can function properly.

How Much Water Should I Drink?

The recommendations call for 11.5 cups of fluids for women and 15.5 cups for men, but about 20% of water that we consume comes from foods: milk in your cereal, soups, watermelon on a hot day, all “count” as fluid that adds to daily water requirements. With that being said, many of us should aim for *at least* 8-10 cups of water/day, with more specific recommendations suggesting about 9 cups for women and about 12 cups for men. Fluid needs will depend on sex, age, activity level, weather and other factors and medical conditions.

8 Cups!! That's Too Much!!

Really? Let's change the perspective! A day has 24 hours. Assuming that you sleep 8 hours, you are awake for 16 hours - that, on average, makes only $\frac{1}{2}$ cup of fluid *for every hour* you are awake.

Can I Drink Too Much?

The short answer is “yes”, but not drinking enough is much more common problem for people.

Am I Dehydrated? What To Look For

If you are thirsty - drink, but really you want to drink in a way that you do not feel thirsty, you want to replenish water before your body makes you feel thirsty. Here are some more common and less severe signs of dehydration:

- Feeling thirsty
- Dry “sticky” lips
- Darker-colored urine. Urine should be light-golden, like straw color; if it is more intense yellow, like amber - you are dehydrated

More severe signs of dehydration may include:

- Headache
- Dizziness
- Confusion
- Elevated body temperature
- Low blood pressure

Drink plenty of water and contact your health professional if you experience these symptoms.

How Do I Get Enough Water?

- Start with fluids in the morning: water will be the best, but tea will work great too. Can you start your day with green or white tea as they have less caffeine?
- Carry a water bottle with you, especially in summer. Think “Keys, cell phone, water” every time you are about to leave the house.
- Drink after urinating - you went to the bathroom to pee, loop back to the kitchen to replenish that fluid. Put a sticky note on the bathroom mirror to help you remember.
- Have water “handy” - bring it with you to the office room before starting work on the computer, get a mug of water before you start the evening movie - you will “not feel like getting up” but you will drink water if it’s right there
- Sip don’t gulp. Slowly sipping thru the day: a sip here and a sip there is a better way to drink, than “gulping” 16 oz. all at once. You will be surprised to see how quickly water disappears if you work on that habit. There are water bottles with time marks to help you stay on track - you may consider getting one to help you stay hydrated.

- Soups, juices and popular beverages provide water, but many of them are high in sodium (soups) or high in sugar (juices and beverages). Stick to water and vegetables and fruits that are high in water content - like watermelon or cucumbers.

Staying hydrated is critical for your health and well being. If you want to work on that, schedule a nutrition consultation with Agata Williams.

Please call our office at (410) 989-8833, email register@inspire-im.com or [schedule online](#).