

Resource Guide



[October 2025]

Hydration hacks

- Drinking enough water is an important part of staying healthy. It is essential for body functions like regulating temperature and bringing nutrients to our cells.
- All beverages contain water, but plain water is the best overall choice for staying hydrated.
- Other options like juice, soda, or sports drinks can increase the risk of type 2 diabetes, heart disease, obesity, and more.
- The general recommendation is 5-15 cups (1 to 3.5L) of plain water a day for the average adult.
- Individual needs will be different depending on factors like age, sex, underlying medical conditions, and more.
- It is best to listen to your body and drink water when you feel thirsty to avoid dehydration. However, excessive water intake can also be problematic, so it is important to talk to your primary care provider if you have more questions.



Learn more about the importance of hydration from [The Government of Canada](#).