

Ridofranz

### What to drink and what not to drink

- Dr. Dana Cohen: "Alcohol is the worst offender. ... The most hydrating thing you can drink is a green smoothie. Blended greens with water (fiber kept in) and you can add a fruit for flavor, lemon, ginger, etc."

- James Mayo: Caffeine, alcohol and some sports drinks can have high sugar content and "make you urinate and, as such, contribute to dehydration. Water is the basic drink to hydrate us. Milk is also another great source of hydration, though is higher in calories."

- Mary Opfer: "Coconut water is also a good option to hydrate."



**The question of how much liquid to consume daily basis** has no simple answer. Several studies have shown differing recommendations. However, specific fluid needs depend on several factors, which include overall health, location and even level of activeness. There isn't a one-size-fits-all approach, but knowing more about the body's need for liquids can help in estimating how much ought to be sipped up.

"In the summer, hydration is even more important," says James Mayo, co-founder of SOS Hydration Inc., a beverage and hydration company based in San Francisco. "Before we start any activity, it's likely that we will be mildly dehydrated. To combat this, it is suggested you start your day hydrated or at least start your activity hydrated and then continue to hydrate throughout."

### A lot of liquid

PREV