

10. Choosing Drinks for Healthy Hydration

Not all beverages offer the same overall health benefits. This guide can help you choose drinks that support healthy hydration and healthy longevity.

Getting started:

- Make hydration part o your daily routine.
- Start your day with a glass of water.
- Sip fluids throughout the day.
- Choose beverages without added sugar. Added sugar works against healthy metabolic function.
- Eat water-rich fruits and vegetables such as cucumbers, tomatoes, oranges, berries, watermelon.

Category	Drink	Best choice scoreboard  = excellent everyday choice  = good choice  = occasional  = eliminate or limit	Healthy Choice Score
Water	Tap water Bottled water Filtered water Flavored water Sparkling water	Your best everyday choice if it is safe and tastes good. Hydrates as well as water but usually costs more. Hydrates as well as tap water and may improve taste. With no added sugar or artificial sweeteners. Hydrates as well as water.	    
Tea	Herbal tea Green tea Matcha tea	An excellent choice for hydration if unsweetened. Supports hydration and provides beneficial polyphenols. Supports hydration. Higher in polyphenols.	  
Coffee	Regular or decaffeinated coffee	Contributes to daily fluid intake. No added sugar.	
Electrolytes	Coconut water Electrolyte drinks	A hydrating source of natural electrolytes. If your healthcare provider recommends an electrolyte drink, choose one with little or no added sugar.	 
Soft drinks	Sugar sweetened Artificially sweetened	Little nutritional value. High in sugar. Low nutritional value. Long-term health effects uncertain.	 
Alcohol	Any alcoholic drink	Increases fluid loss and can contribute to dehydration.	

Simple Homemade Electrolyte Drink

2 cups water, juice of ½ a lemon or lime (or a little bit of orange juice, pinch of sea salt. Optional: add a small amount of honey, if desired, especially after prolonged exercise.

Note: For most people, plain water is all that is needed for everyday hydration. Homemade or commercial electrolyte drinks are most useful after prolonged sweating, illness, or when recommended by your healthcare provider.

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.