

6 Benefits of Drinking Water

1

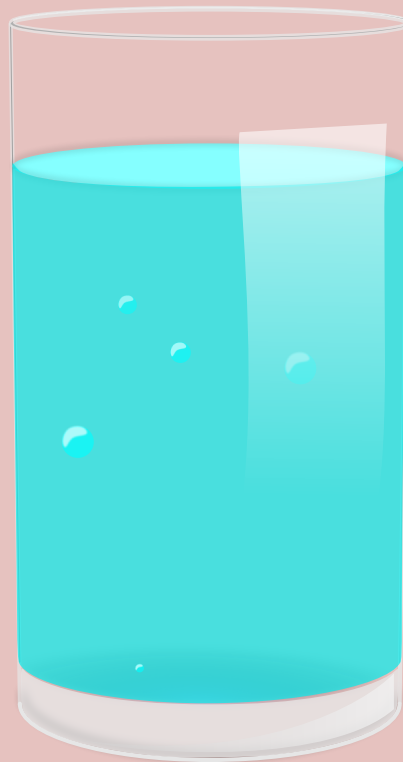
It flushes
body waste

2

It prevents
kidney damage

3

It regulates
body
temperature



4

It lubricates
the joints

5

It delivers oxygen
throughout the
body

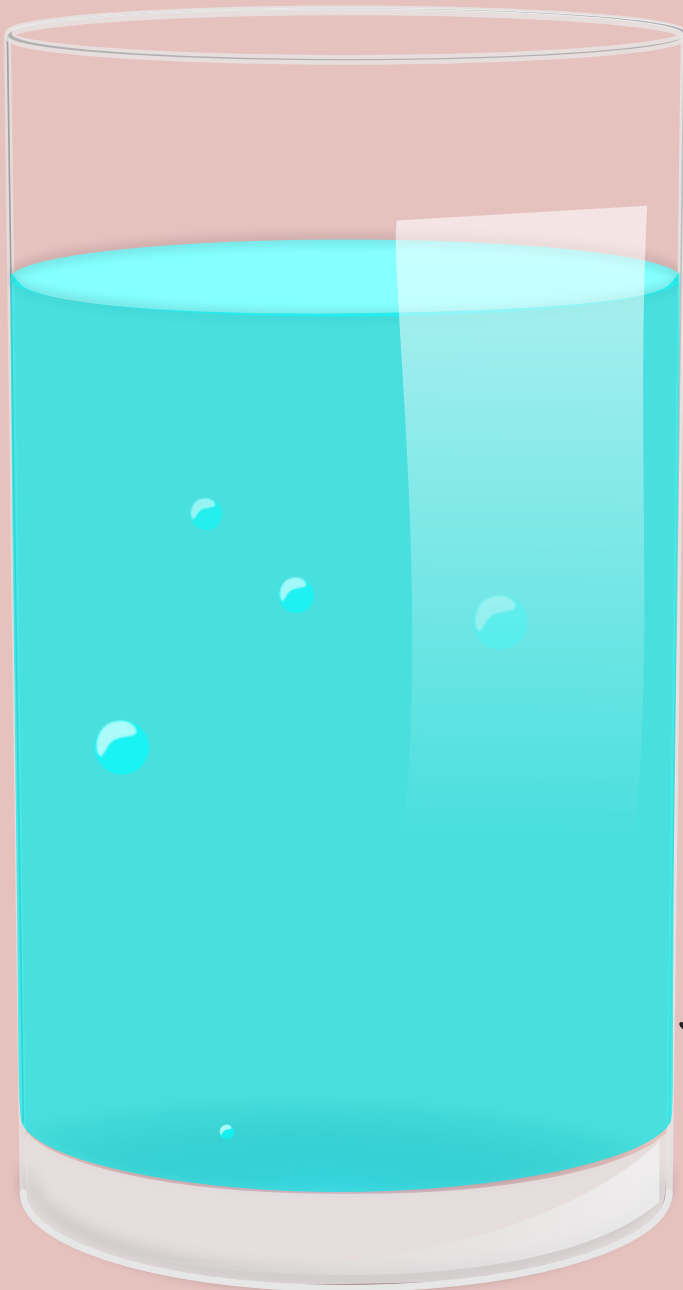
6

It lubricates
the joints

@theculturaldietitian

Daily water tracker

Your guide to your first 1500 ml (48 oz) per day.



It's only up from here - 1500 ml (48 oz)

Stay hydrated - 1250 ml (40 oz)

Yup, doing well - 1000 ml (32 oz)

take a work break - 750 ml (24 oz)

That's it - you're up to 500ml (16 oz)

Start here: your first 250 ml (8 oz)