

**Dietitian Tip Aug
Tuesday 11/20**

Drink Enough Water

Drinking enough water can be difficult, especially in the hot weather! Here are three tips to help you stay hydrated:

- KEEP A REUSABLE WATER BOTTLE WITH YOU THROUGHOUT THE DAY**
- FLAVOUR YOUR WATER WITH FRUIT OR HERBS**
- DRINK A GLASS OF WATER WITH EACH MEAL**

Find more information on nutrition and healthy eating at
www.grandeprairiepcn.com/resources/dietitiantip

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