

NUTRITION RESOURCES | FALL

Hydration When It's Not Hot Anymore

It's easy to stay on top of water in the summer heat, and just as easy to forget once it cools off. The need doesn't go away — it just gets quieter. Here's what tends to trip people up this time of year, and simple ways around it.

WHAT TRIPS PEOPLE UP IN FALL

What Happens	Why It Happens	Easy Fix
Forgetting to Drink	Thirst cues weaken once the weather cools, so it's easy to under-drink without noticing	Keep a water bottle somewhere visible, like your desk
Coffee & Tea Take Over	Warm drinks feel more appealing in fall, but caffeine has a mild diuretic effect	Alternate a glass of water with each cup of coffee or tea
Dry Indoor Heat	Heaters dry out indoor air, increasing fluid loss you don't feel the way you feel sweat	Run a humidifier, and keep sipping water through the day
Fewer Water-Rich Foods	Summer produce like watermelon and cucumber is naturally hydrating; fall menus lean drier	Add soups, and fall produce like citrus and apples
Mistaking Thirst for Hunger	Thirst and hunger cues can feel similar, especially once it's not hot outside	Drink a glass of water before reaching for a snack

EASY WAYS TO STAY AHEAD OF IT

- Start the morning with a glass of water before your first cup of coffee.
- Keep a marked water bottle at your desk as a visual reminder throughout the day.
- Add a favorite herbal tea to your rotation — it counts toward fluids and feels seasonal.
- Lean into soups and stews — they count toward hydration too, not just food.
- Set a phone reminder if you tend to forget on busy, back-to-back-meeting days.
- Snack on water-rich fall produce, like citrus, pears, or apples, alongside your usual choices.

A NOTE ON HOW MUCH

Needs vary by person, activity level, and climate, so there's no single number that fits everyone. A simple everyday check: pale yellow urine is generally a sign you're well hydrated. Talk to your doctor if you have questions specific to your health or a medical condition.

SOURCES

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