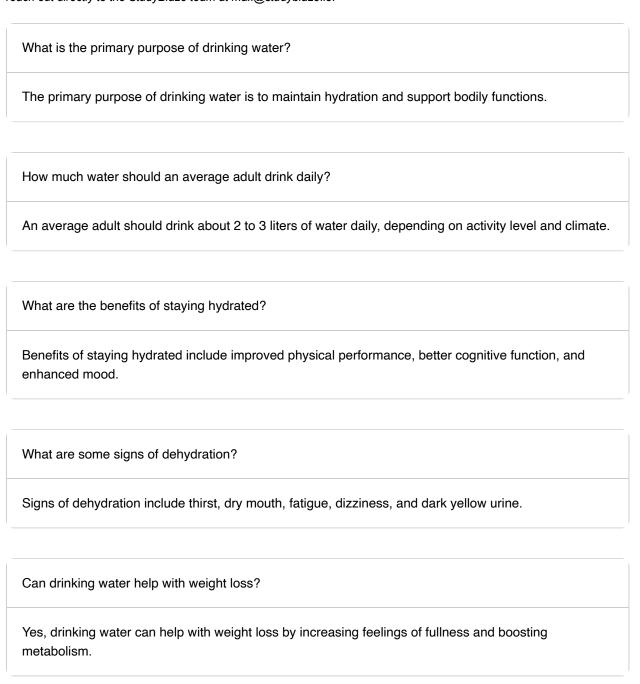


## **Drinking Flashcards PDF**

Drinking Flashcards PDF

Disclaimer: The drinking flashcards pdf was generated with the help of StudyBlaze AI. Please be aware that AI can make mistakes. Please consult your teacher if you're unsure about your solution or think there might have been a mistake. Or reach out directly to the StudyBlaze team at max@studyblaze.io.





What is the role of electrolytes in hydration?
Electrolytes help regulate fluid balance, muscle contractions, and nerve function in the body.
Is it possible to drink too much water?
Yes, drinking too much water can lead to a condition called hyponatremia, which is an electrolyte imbalance.
What are some healthy alternatives to sugary drinks?
Healthy alternatives to sugary drinks include water, herbal teas, and infused water with fruits or herbs.
How does caffeine affect hydration?
Caffeine can have a mild diuretic effect, but moderate consumption does not significantly affect hydration levels.
What is the best time to drink water?
The best time to drink water is throughout the day, especially before meals and after exercise.