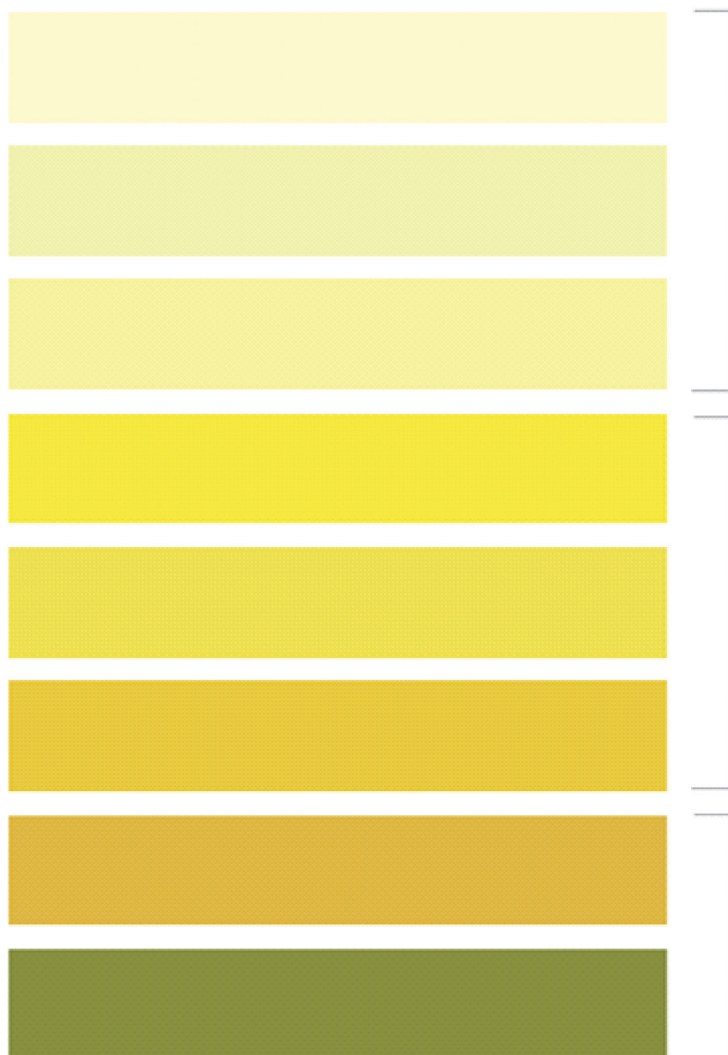


AM I DRINKING ENOUGH WATER?

When we drink enough water, our wee should be a pale yellow colour - like straw. Compare your urine colour to the chart below!



IDEAL COLOUR

If you are drinking enough it should be a pale yellow colour.

SLIGHTLY DEHYDRATED

Darker yellow colour. Try to drink more water throughout the day

VERY DEHYDRATED

Very dark colour.
You need to drink more water.

What else can change the colour of my wee?

Some foods



Some medicines



Some vitamins



*This colour chart is for people with normal kidney function.

*These colours are a guide only. Check the colour of your wee over a week to see how much water your body needs.

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Water is the best choice of drink for your body.