Water and Blood Sugar Key Facts

This checklist summarizes what the article says about drinking water and blood sugar.

1. Water has no carbs or calories and does not raise blood sugar.
2. When blood sugar is high, the kidneys remove extra sugar through urine, so more fluids are needed.
3. A 2011 study followed 3,615 people aged 31 to 65 for nine years; 565 developed high blood sugar.
4. In that study, people with high blood sugar drank less water than those with normal levels.
5. People who drink under half a liter of water daily are more susceptible to high blood sugar.
6. People who drink over a liter a day have the lowest chance of high blood sugar.
7. Very high blood sugar with intense thirst can lead to diabetic ketoacidosis, which can be life-threatening.
8. Suggested intake is 2 to 2.7 liters a day for women and 2.5 to 3.7 liters for men.
9. Too much water can wash away essential minerals, and kidneys handle only about a liter per hour.
10. Quick relief from high blood sugar needs medication or medical help, not just water.

Notes

For general education only. Not a substitute for professional medical advice.