

Dehydration can result in serious health outcomes. Use this chart as determine hydration status.



### URINE CHART

Urine that is plentiful, odourless and pale in colour indicates a person is well hydrated. Urine colour darkens as dehydration levels increases.



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Call (03) 9560 1844 or email [dietitian@oscarcaregroup.com.au](mailto:dietitian@oscarcaregroup.com.au)