

URINE

color chart

CLEAR
You're drinking too much water. Overhydration can cause dizziness, confusion and headaches.

DARK AMBER OR HONEY COLOR
You aren't getting enough water. It's nothing to worry about, but drink some water.

PALE YELLOW
This is the ideal shade of urine. Your body is getting enough water.

ORANGE
You likely are dehydrated. Drink water regularly. If water doesn't help, orange urine may signal a liver or bile duct condition.

BROWN OR SYRUP COLOR
Medications, severe dehydration, certain foods – like fava beans – can cause this. If not, liver disease is a possibility. Talk to your health care provider.

GREEN OR BLUE
Green or blue urine usually is a result of a rare genetic disease or food dye.

PLAIN YELLOW
You're still hydrated enough, and your urine is healthy.

PINK OR RED
Eating certain food, such as beets, blueberries or rhubarb, and certain medications can cause this. If none of these are true, it may be a sign of kidney disease, urinary tract infection or a tumor.

