

# 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.

**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.

**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.

**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.

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



**OSF**  
HEALTHCARE