

# FOOD GROUP FOCUS

## Hydration!

Good hydration is one of the most important aspects of a diet that is often forgotten. Without good hydration, this can lead to headaches, fatigue, dizziness & loss of concentration.



### WHY ITS IMPORTANT?

- Regulates body temperature.
- Transports nutrients & oxygen around the body.
- Removes waste from the body.
- Aids digestion
- Keeps joints lubricated.
- Improve cognition & mood.



### REQUIREMENTS

Drink **1.5 to 2 litres** of fluid daily, this is about 6-8 glasses. However, this recommendation can vary and depends on a person's age, weight, activity level, and climate.



### WHAT COUNTS?

Water is the best choice but other drinks like tea, coffee, milk, soft drinks, and fruit juice (limit to 150ml a day) can also contribute to overall water intake. However, just be mindful of added calories, fat, and sugar in drinks other than water.



### Top tips

#### ON HOW TO STAY HYDRATED

- Always keep a water bottle with you to ensure you are drinking enough water throughout the day, especially if you are on the go.
- Set yourself reminders- on your phone or computer! This is ideal if you are having a super busy time at work etc.
- Get creative and try adding fresh fruit, herbs, or vegetables to your water, this can make it more refreshing and encourage you to drink more.
- Try to drink before you are thirsty. By the time you feel thirsty, you are already dehydrated.
- Eat hydrating foods that are high in water content, such as watermelon, cucumber, strawberries, and tomatoes, as well as soups and yoghurts. These foods can help keep you hydrated and supply more nutrients.
- Try to drink water with meals. This can help you stay hydrated and aid digestion- try to drink a glass of water before, during and after meals.



Overall having good hydration is key to health therefore it is important to consume the right amount to keep fluid levels topped up to ensure our bodies are performing at their best.