

ARE YOU KEEPING HYDRATED?

THE EATWELL GUIDE SAYS WE SHOULD DRINK 6 TO 8 GLASSES OF FLUID A DAY. WATER, LOWER FAT MILK AND SUGAR-FREE DRINKS, INCLUDING TEA AND COFFEE, ALL COUNT! BUT WE SHOULD PRIORITIZE WATER AS IT HELPS ALMOST ALL OF THE HUMAN BODY FUNCTION EFFECTIVELY. CHECK OUT BELOW FOR SOME TIPS ON HOW TO STAY HYDRATED!

KEEP A WATER BOTTLE TO HAND

ALWAYS TRY TO KEEP A REFILLABLE WATER BOTTLE OR CUP TO HAND. THIS IS A QUICK VISUAL REMINDER FOR THOSE WHO CAN EASILY FORGET AND WILL HELP YOU KEEP IT AT THE TOP OF YOUR PRIORITIES! THERE ARE BOTTLES AVAILABLE TO PURCHASE WITH HOURLY INTERVALS ON THE SIDE WHICH ACT AS A CLEAR SELF-MONITORING TOOL FOR WATER INTAKE THROUGHOUT THE DAY.

DON'T WAIT UNTIL YOU'RE THIRSTY

MANY SAY THAT WHEN YOU START TO FEEL THIRST, YOUR BODY MAY HAVE ALREADY LOST A SIGNIFICANT AMOUNT OF WATER. SO TRY TO KEEP TAKING SMALLER SIPS THROUGHOUT THE DAY TO REPLENISH YOUR BODY'S WATER SUPPLY.

MAKE YOUR WATER MORE INTERESTING

MANY INDIVIDUALS FIND DRINKING PLAIN WATER A CHALLENGE, SO HOW ABOUT YOU ADD SOME FRESH FRUIT OR HERBS TO THE MIX TO BOOST THE FLAVOUR? BERRIES AND LEMON ARE POPULAR CHOICES. IF YOU FIND FIZZY DRINKS ARE A GO-TO CHOICE, TRY DRINKING SPARKLING WATER, SODA WATER OR NON-SUGAR FIZZY DRINKS INSTEAD TO IMITATE THE TEXTURE.

DRINK FRESH FRUIT AND VEGETABLE JUICES

WE GET A PORTION OF OUR HYDRATION FROM THE FOODS WE EAT, SO OPT FOR FRESH JUICES MADE FROM HIGH WATER CONTENT FRUITS AND VEGETABLES E.G. WATERMELON, STRAWBERRIES, CUCUMBER AND TOMATOES TO SUPPLEMENT YOUR BODIES' NEEDS. TRY TO LIMIT JUICES TO A 150ML GLASS OF UNSWEETENED FRUIT JUICE, VEGETABLE JUICE OR SMOOTHIE AS IT CAN COUNT AS A MAXIMUM OF 1 PORTION OF YOUR RECOMMENDED 5 DAILY PORTIONS OF FRUIT AND VEGETABLES.

MINIMISE CAFFEINE INTAKE

TEA AND COFFEE IS INCLUDED IN THE EATWELL GUIDE'S 6-8 RECOMMENDED CUPS A DAY, BUT THEY ACT AS DIURETICS AND CAN CONTRIBUTE TO DEHYDRATION. BE MINDFUL OF THE AMOUNT OF DRINKS YOU'RE HAVING DAILY. TRY HAVING A CUP OF WATER ALONGSIDE EVERY MUG OF COFFEE OR TEA YOU DRINK!