



**Eastern Highlands
Health District
Be Well**

Be Well Hydrated!

Water

Our body is nearly two-thirds water, so drinking enough fluid to stay hydrated is important.

Water is essential for life and it is important to get the right amount of fluid to be healthy.

Did you know?

Humans can survive for a few weeks without food, but they cannot go without fluids for more than two to three days.



Water in the diet

Water is the major component of body fluid and has many functions in the body:

- it acts as a lubricant for joints and eyes;
- it is the main component of saliva;
- it helps get rid of waste;
- it helps regulate body temperature.

The body loses water all the time, when we go to the toilet, from sweat and also evaporation from skin. If we do not consume enough water, we become dehydrated.

Sources of water

Water is provided by food such as soups, yogurts, fruit and vegetables, as well as drinks such as milk and juice.

Water is a good choice of drink because it hydrates without the provision of energy.

It has been estimated that roughly 20% of water consumed is from food (e.g. soups, yogurt, fruit and vegetables), while 80% is from drinks (e.g. water, milk and fruit juice).



Healthy hydration

Water is a good choice because it delivers fluid without adding calories or potentially damaging teeth.

Drink plenty



Milk is a useful source of essential nutrients such as protein, B vitamins and calcium, as well as being a source of water.

Have regularly



Fruit/vegetable juices and smoothies provide water plus some vitamins, minerals, fiber and natural plant substances from the fruit. However, they are also high in free sugars so it is recommended to not exceed 150ml per day.

Can have once a day



Drink less of...

Tea and coffee contain caffeine which is harmless in small amounts. However, high intakes of these drinks should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Sugary drinks add to calorie intake and the sugar can potentially damage teeth if the drinks are consumed frequently.

Occasionally



Avoid



How much water do we need?

The amount of water and other fluids that we need to drink each day varies from person to person.

On average, we are recommended to drink 6 to 8 glasses of fluid a day to prevent dehydration, more when the weather is hot or when we are active.

Drink water:

- With each meal and between meals
- Before, during and after exercise
- If you feel thirsty

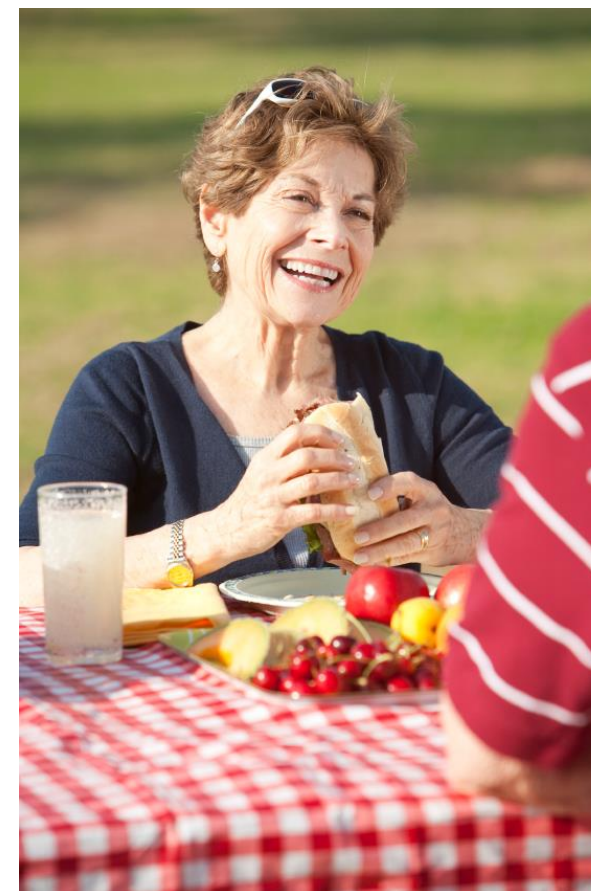


Which population groups may be at risk of dehydration?

Older adults may have a weaker sense of thirst. As people age kidney function may diminish leading to a fluid imbalance and higher risk for dehydration. Having reminders to drink such as an application on your phone may be useful.

Children need plenty of fluid and they should be encouraged to drink regularly, especially if they are very active.

People who are very physically active should drink enough fluid to replace the water loss through sweating.



DEHYDRATION SYMPTOMS



Foods that help keep you hydrated

- Watermelon
- Cantaloupe
- Strawberries
- Lettuce
- Cucumbers
- Peaches
- Oranges
- Zucchini
- Plums

Summer fruits / fruits list



Image: Google



Things that dehydrate you

- Alcohol
- Sun-exposure
- Exercise
- Having a fever
- Hot and humid weather
- Vomiting
- Diarrhea
- Pregnancy/breastfeeding

Can you drink too much water?

Drinking too much water is rarely a problem for healthy, well-nourished adults. Athletes occasionally may drink too much water in an attempt to prevent dehydration during long or intense exercise. When you drink too much water, your kidneys can't get rid of the excess water. The sodium content of your blood becomes diluted. This is called hyponatremia and it can be life-threatening.

Source: [Mayo Clinic](#)

A Note About Energy Drinks

- [Energy drinks](#) are often marketed as products that increase energy. In addition to added sugar, these products may also contain large amounts of caffeine and other legal stimulants. Concerns have been raised about the potential health risks of these products, especially for young people.¹⁰⁻¹¹ If you're looking for a quick pick-me-up, alternatives to energy drinks include:
- **Plain or unsweetened flavored water.** Dehydration is often a reason for low energy.¹²
- **Unsweetened tea.** A number of tea flavors are available in naturally caffeinated varieties that can be enjoyed hot or cold.¹³
- **Hot or iced coffee.**
- **100% fruit or vegetable juice.** There are many types of juices and juice combinations. Find one that you enjoy!
- **Whole fruit.** Sometimes a snack can give you as much of a boost as a drink.
- See [more about energy drinks](#) in children and adolescents.

Source: [CDC](#)



Commercially Bottled Water

- The Food and Drug Administration (FDA) regulates the safety of bottled water and bases its standards on the EPA standards for tap water. If these standards are met, water is considered safe for most healthy individuals. The bottled water industry must also follow FDA's good manufacturing practices for processing and bottling drinking water.
- Read the label on your bottled water to learn where the water comes from and how it has been treated to make it safe for drinking.
- While there is currently no standardized label for bottled water, labels may tell you about the way the water is treated. Check the label for a toll-free number or web page address of the company that bottled the water to learn more.

Source: [CDC](https://www.cdc.gov)

Water Treatment Options When Hiking, Camping or Traveling

When visiting places with unknown water quality—whether you head to a remote location to camp or hike or travel to a new place—it may be necessary to disinfect the water to kill waterborne germs before using it.

Drinking contaminated water or using it for cooking, washing food, preparing drinks, making ice, and brushing teeth can make you sick with diarrhea, vomiting, and stomach pain.

- Boil your water with a rolling boil for 1 min.
- Filter your water, If you are using a portable water filter, try to use one that has a filter pore size small enough to remove parasites. Most portable water filters do not remove bacteria or viruses.
- Disinfection, if you are unable to boil your water using manufacture's instructions you may use a chemical disinfectant.

[Source: CDC](#)

Don't Forget.....



In addition to using the appropriate drinking water treatment methods listed above, take these steps to protect yourself and others from waterborne illness:

- Wash your hands before handling food, eating, and after using the toilet.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

Flush your water pipes if you have been away from home more than a week.

[cdc.gov/drinkingwater](https://www.cdc.gov/drinkingwater)





Now let's put these facts all together

What Would Happen if you Didn't Drink Water?

By Mia Nacamulli, TED Ed

Resources

- [Food a Fact of Life](#)
- [MayoClinic](#)
- [CDC](#)

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