

Hydration Tips

Top ten tips for healthy hydration by Jane Griffin *BSc RD RNutr*,
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- 1. Two-thirds of the weight of healthy adults is made up of water and we need 2-3 litres of fluid every day to keep our bodies well-hydrated.** This is more or less the amount of fluid we lose every day through excretion, breathing and sweating.
- 2. Our fluid intake comes from what we drink and eat.** Our bodies also make a small amount of fluid as a result of the different processes that are always going on in our bodies like breathing and digestion.
- 3. Drinking regularly throughout the day is the best way to keep well-hydrated.** This is because our bodies can't store extra water.
- 4. Don't let your body get dehydrated, instead keep your body properly hydrated at all times.** Water is involved in a huge number of important processes that go on all the time in the body such as transporting nutrients and oxygen, getting rid of waste, temperature regulation of the body, swallowing, digestion, movement of joints and the eye, transport of sound, keeping the correct blood volume and pressure and respiration.
- 5. Dehydration can put a strain on your body.** For instance, as you get more and more dehydrated, your heart has to work harder at pumping the "thicker" blood round the body.
- 6. Dehydration affects brain power too!** Things like decision making, reaction times, concentration, skill delivery and general inaccuracies in what you are doing can all take a nose-dive. Just think about this in terms of driving a car or riding a bike, apart from the effect on what you are doing at home, work, school or college.
- 7. If you feel thirsty, you are already dehydrated.** It is therefore not the best indicator of how hydrated you are.
- 8. Checking the colour of your pee is tough – and it's easy too!** Frequently passing large amounts of pale coloured pee throughout the day means you are likely to be well-hydrated. However the colour can be affected by individual foods such as beetroot, some medicines and vitamin supplements (one of the B vitamins is bright yellow and as it is not stored in the body, any excess to requirements is lost in the urine).
- 9. Water is your simplest and best way to keep up a good fluid intake throughout the day – whether at home or out and about.**
- 10. Water is calorie-free, sugar-free, thirst-quenching and refreshing for body and mind.**

