



Nutrition

# Hydration

## Lesson 2

Become an expert at understanding the best ways to keep children, adults and older adults with poor appetites hydrated





**Fluid can be consumed in drinks and food approximately 20% of the bodies intake comes from food.**





**Drinks which give  
the body fluid  
are:**

- Water (tap or bottled)
- Tea
- Coffee
- Milk
- Fruit juice
- Soft drinks



**The amount of fluid the body requires is approximately 6 to 8 glasses a day, but this depends on age and how much physical activity is performed.**





**If physical activity is performed especially in heat it is a good idea to start the activity already fully hydrated. Water is a good fluid to consume during and after moderate exercise.**







**Sports drinks are not necessary unless intense physical activity lasting longer than 1 hours is performed.**





The type of drink consumed is important, non-alcoholic drinks help to prevent dehydration. They can also contain vitamins and minerals which are essential for the body.





**Some drinks can be high in sugars and contain lot's of calories e.g. some soft drinks can lead to diabetes, weight gain and tooth decay.**







The best fluid to drink is water this is because it contains no sugars or calories and can keep the body hydrated.





Tea and coffee consumed in moderate amounts is an effective way to intake fluid. Tea and coffee can make the body produce more urine but not to the extent which would cause dehydration.





Pregnant women should not consume more than approximately 2 to 3 mugs of tea or coffee a day.





Other hot drinks such as herbal tea or hot chocolate can be a source of fluid, but the calorie content should be considered.





Milk is a nutritious drink containing iodine, calcium, protein and some B vitamins. The best type is skimmed milk (1% fat) or semi-skimmed milk (less than 2% fat) because whole milk contains saturated fat which is not very beneficial for adults and older children.







**Pure fruit juices and smoothies are a source of water, vitamins and minerals. The downside to them is that they contain sugar and are acidic. This can cause tooth decay and add to calorie intake.**





It is recommended to only consume 150ml of fruit juice per day, this can be classed as one of the 5 a day portions of fruit and vegetables which should be consumed for a healthy diet.





Sugary drinks e.g. fizzy drinks, squashes and flavoured waters usually contain lot's of sugar which is bad for teeth and contributes to calories intake. These drinks should be avoided or try to consume sugar free or low sugar versions.



Sports drinks can be beneficial to people who perform intensive physical activity for long periods of time. The sports drinks usually contain some carbohydrate and electrolytes e.g. sodium these help the fluid to be absorbed by the body quickly. The sodium can also be used to replace any lost during sweating.







It is important to remember that sports drinks contain sugar and contribute to calorie intake as well as causing tooth decay. If low intensity exercise is performed water is the best way to replace any fluid lost.







Food is also a source of water and some foods contain more water than others. Fruit and vegetables have a high water content and contain approximately more than 80% water. Dishes which have water added to them e.g. soup are also a good source of fluid.





**Alcoholic drinks are not recommended because they have a diuretic effect (lose more water in urine) on the body which can cause dehydration. Alcohol is also usually high in calories.**





# Revision Activity 2

**What does milk  
contain?**