HYDRATION TIPS

HOW VARIETY CAN HELP HYDRATION

european hydration institute

It is calculated that of the total water consumed, about

20 -30%

typically comes from food and about

70-80%

from beverages (all types, not just plain water)[1,2]

However, this may vary greatly depending of the diet that an individual chooses.[1,2]

DID YOU KNOW THAT?

- In addition to thirst, habit is very important in determining what and when we drink.
- Having available a variety of beverages may result in people drinking up to 50% more liquids than if only water was available, as shown in a study of fluid intake of runners on a treadmill[3].
- The pleasant taste of beverages is the reason why many people choose to drink beverages like soft drinks, tea, milk, etc. instead of plain water.
- All non-alcoholic beverages, and some weak alcoholic beverages, hydrate and contribute to adequate hydration, including those containing caffeine such as coffee, tea and some soft drinks*.
- The role of variety in hydration has been recognised by International organisations such as the International Life Sciences Institute (ILSI)[4] and the European Food Safety Authority (EFSA)[2], and it is particularly important for population groups that may be vulnerable to dehydration, including children and elderly people.
- EFSA adequate intake advice for water relates to water from all sources in the diet (including plain water, food and beverages)[2].

* Although a variety of beverages contributes to hydration, it is important to take into account that unlike plain water, beverages often contain calories and therefore they contribute to the daily energy intake. The wide variety of low-calorie and no-calorie drinks available nowadays helps to reduce this contribution. Guideline Daily Amounts (GDAs) are available in most countries to help people to make informed choices about the products they buy.

1. Manz F, Johner SA, Wentz A, Boeing H, Remer T. Water balance throughout the adult lifespan in a German population. Br J Nutr 2011; 1-9 [Epub ahead of print] **2**. EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary reference values for water. EFSA Journal 2010; 8(3):1459. [48 pp.]. Available online: www.efsa.europa.eu/en/ efsajournal/pub/1459.htm **3**. López-Román J, Martínez Gonzálvez A, Luque A, Villegas García JA. Estudio comparativo de diferentes procedimientos de hidratación durante un ejercicio de larga duración. Archivos de Medicina del Deporte 2008; 25(123): 435-441. **4**. ILSI Scientific Consensus Statement regarding the Importance of Hydration and Total Water Intake for Health and Disease. J.Am Coll Nutr 2007; 26(S): 529-623.