

KEY TIPS ON HYDRATION

A TOTAL DIET APPROACH TO HYDRATION

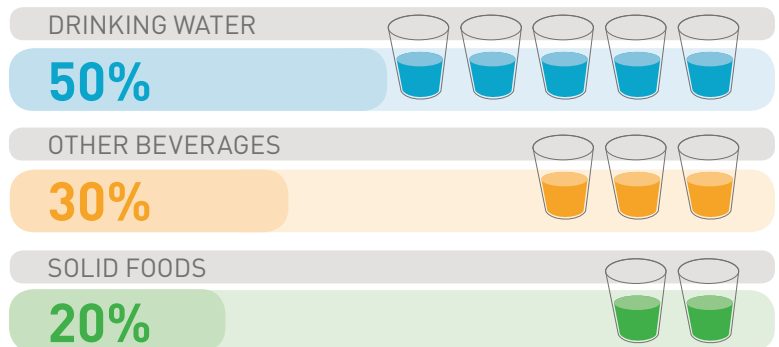
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Achieving an adequate intake of water depends on much more than what you choose to drink, as many foods contribute to water intakes too. Taking a total diet approach helps to ensure that you meet your water needs by including a variety of sources.

SOURCES OF WATER INTAKE IN THE DIET

European Adequate Intakes of water for healthy people under moderate conditions of temperature and activity are 2.5L per day for men and 2.0L per day for women¹, but some will need more than this and some will need less. All drinks and a variety of foods contribute to this amount. On average, drinking water provides half the water we consume daily, with other beverages and solid foods making up the rest¹.

SOURCES OF WATER¹



Beverages remain the largest source of water in the diet. It is possible to meet body's water needs just by drinking plain water, but few people actually do this. A wide availability of beverages increases the chance of reaching adequate water intakes. The following foods and drinks all contain a high percentage of water and can contribute significantly to water intakes²:

BEVERAGES (AVERAGE WATER CONTENT)²

(in grams per 100g)

Tap and bottled water	100%
Tea and coffee	>98%
Diet soft drinks	>98%
Milk	>88%
Sugar- containing soft drinks	>87%
Fruit juices	>85%

FOODS (AVERAGE WATER CONTENT)²

(in grams per 100g)

Fruits and vegetables	>75%
Cooked rice and pasta	>65%
Soups	>80%
Fish and seafood	>65%
Bread, cookies	>30%
Yogurt	>75%

HEALTHY CHOICES FOR HYDRATION

Water intake depends on eating and drinking habits as well as health and lifestyle factors. These are influenced by:

- Time of day.
- Taste preferences.
- Weight management concerns.
- Availability of foods and drinks.
- Convenience.
- Attitudes towards foods or ingredients.
- Cultural differences.
- Temperature and humidity of environment.
- Perceptions about product quality and safety.
- Age, health status and sensitivity to thirst.

Dietary guidelines for healthy eating and drinking are an important consideration when making choices about foods and beverages to include in the diet. The “total diet” approach to healthy eating³ suggests that all foods and beverages have a place within a balanced diet.

KEY TIPS FOR HEALTHY HYDRATION



Our fluid intakes
are made up of
20-30%
from foods and
70-80%
from beverages

1. Consume a wide variety of foods and drinks.
2. Where possible, choose foods and drinks that fit with healthy eating principles.
3. Consume higher calorie/sugar/salt options in moderation.
4. Check out labels and compare products to find the healthiest options.
5. Choose appropriate portion sizes to maintain a healthy body weight.
6. Balance energy (calorie) intake with plenty of physical activity.

1. EFSA, Scientific Opinion on Dietary Reference Values for water. EFSA Journal 2010; 8:1459.

2. Holland B. et al (1991) McCance and Widdowson. The Composition of Foods 5th ed. The Royal Society of Chemistry Cambridge, UK.

3. Freeland-Graves, J, Nitzke, S. Position of the Academy of Nutrition and Dietetics: total diet approach to healthy eating. J Acad. Nutr. Diet 2013; 113: 307-317.