



The Challenge

Have at least 6-8 unsweetened drinks every day – water is a great choice!

Why is it important to drink plenty?

- The body is about 60% water and this is needed for many different functions, such as regulating body temperature.
- You are constantly losing water through your skin when you sweat, your lungs when you breathe and when you go to the toilet, so it is important to drink plenty throughout the day to avoid dehydration.
- Mild dehydration can make it difficult to concentrate and cause headaches and tiredness.

What counts?

In the UK, it is recommended that we have 6-8 drinks every day, in addition to any water provided by food. The exact amount of fluid you need will depend on many factors including age, activity levels and the weather. The following are all healthier drink options:

- water (this is the best option for a regular drink);
- low fat milks;
- unsweetened beverages (e.g. tea, coffee, sugar-free drinks).

Tips for staying hydrated

- Keep a water bottle with you throughout the day.
- Make sure unsweetened drinks, such as water, tea and coffee, are available in meetings at work.
- Try to have an unsweetened drink with each meal.
- When taking part in physical activity or active travel to your workplace, make sure you stay hydrated.

100% fruit/vegetable juices and smoothies should be limited to no more than a combined total of 150ml a day as they contain free sugars.

Drinks that contain free sugars (e.g. soft drinks, sweetened milk drinks, energy and sports drinks) contribute to calorie intake and increase the risk of tooth decay if consumed regularly.



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The Super Challenge

Over a week, try three different unsweetened drinks you have not had before. How about making cucumber infused water, carbonated water with mint or iced herbal tea?