



**HYDRATION**

## Keeping hydrated

You can't survive without water. It makes up nearly two-thirds of your body and is essential for you to function properly. Water has a wide range of benefits for your body – everything from removing waste products in urine to lubricating your joints. It can even make your skin look good.

As a basic guide, most people need about 1.5 to 2 litres of fluid a day, which is about eight to 10 glasses.

You can get this from water and other drinks, such as milk and fruit juice. Water in food also counts – fruit and vegetables contain lots of water. Cucumber and lettuce have the highest water content of any food – a massive 96%. Tomatoes are also packed with water – about 94%. Keep your hydration levels topped up by adding them to a salad or a sandwich.

The exact amount of fluid you personally need can depend on things like:

- Your age – this affects how well your body is able to balance water and salts, and as you get older you store less water.
- The amount of physical activity you do – you need to drink more if you exercise more.
- The climate – you need to drink more if it's hot and you're sweating water out of your body.
- If you're pregnant – you're more likely to develop constipation during pregnancy so you need to drink more.

For more information:

<https://www.bupa.co.uk/health-information/nutrition-diet/keeping-hydrated>



## Why is water important?

Your body uses water to help with many different processes, including:

- Transporting nutrients and oxygen around your body.
- Getting rid of waste products.
- Controlling your temperature.
- The function of your digestive system.
- Keeping your skin healthy.

### How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



It is important to remember that some medications, vitamin supplements and diets may cause changes in the colour of your urine.

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