

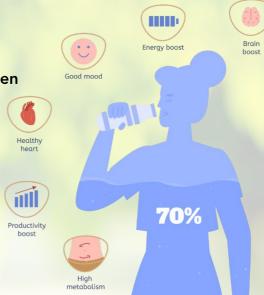
DEPARTMENT OF NUTRITION & DIETETICS

Drink Adequate Fluids



WHY IS HYDRATION **IMPORTANT?**

- Component of body parts e.g. brain, muscles, bones
- **Important functions** e.g. carrying nutrients and oxygen
- Regulates body temperature
- Keeps body tissues moist and lubricates joints
- Protects organs and ensures their proper functioning
- Flushes out waste products and prevents constipation
- Lost through urination, sweating, breathing and needs to be replaced



WHAT FLUIDS SHOULD I CHOOSE?

1. Go for drinks lower in calories



Water



Plain Tea/Coffee



Water with Fresh Fruits/Mint Leaves

SODA WATER



I ow-fat or Skim Milk



Unsweetened Teas



No-sugar Soft Drinks





Soda Water/Sparkling Water





No-sugar Energy/ Sports Drinks

WHAT FLUIDS SHOULD I CHOOSE?

2. Limit drinks higher in calories

- Contain more sugar and/or fats
- Contribute to weight gain and diseases such as diabetes, high blood cholesterol.











Bandung

Sugar Cane Drink Full-cream or Flavoured Milk

Regular Soft Drinks













Energy Drinks

Instant Drinks

Sweetened Teas or Packet Drinks

Alcohol

TIPS TO STAY HYDRATED

• Drink fewer sugary and caffeinated drinks (e.g. packet drinks and coffee), as these are not as effective for hydration

 Use artificial sweeteners (e.g Equal sweetener) instead of sugar to sweeten tea/coffee

- Suck ice chips on a hot day
- Have a glass of water with each meal, and between meals
- Eat foods with high water content, such as lettuce, watermelon and broccoli



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