

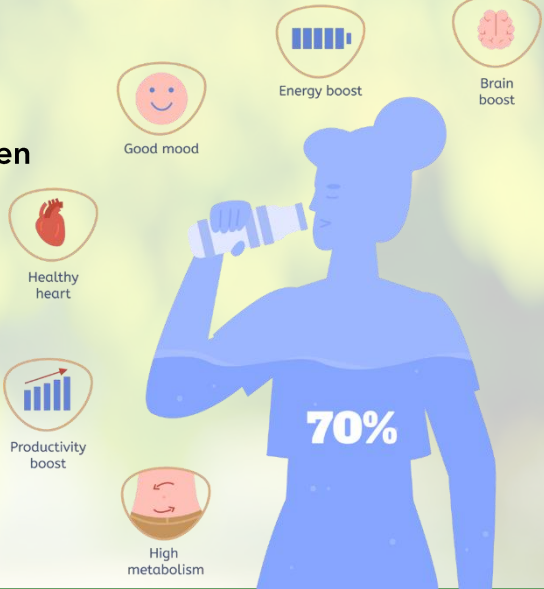
DEPARTMENT OF  
**NUTRITION & DIETETICS**

# 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



Low-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





**Clinic B2**  
**Nutrition And Dietetics**  
TTSH Medical Centre, Level B2  
**Contact:**  
6357 7000 (Central Hotline)



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