Stay HYDRATED

YOUR BODY IS 60% WATER KEEP TOPPED UP TO STAY TIP TOP!

REASONS TO DRINK MORE WATER

TEMPERATURE REGULATION

Your body loses water through sweat to keep cool - your temperature will rise if you don't replenish the water lost.

NUTRIENT TRANSPORT

Water plays a crucial role in transporting nutrients to our vital organs via our blood.

WASTE REMOVAL

Urine is the process of removing waste products from the body, and water is an essential component of this.

SHOCK ABSORBER

Water lubricates our joints and cushions everyday impact.

DEHYDRATION

A 1% or more drop in body weight due to fluid loss is defined as dehydration.

WATER IS ESSENTIAL FOR LIFE

HOW MUCH SHOULD I DRINK?

Most people need 1.5–2 litres of fluid a day, which is about 6–8 glasses. But remember, you'll need more if you're exercising or during the warm summer months.
Not drinking enough can impact on cognitive and physical functioning - not ideal when at work.

HOW DO I KNOW IF I NEED MORE FLUIDS?

If you are hydrated enough, your urine should be a pale yellow. When you don't drink enough your kidneys reduce the amount of water excreted in urine, resulting in a darker colour, which can indicate dehydration. A headache and tiredness can also be an indicator of being dehydrated.

For more information contact:
nutritionist@gatherandgather.com

GATHER & GATHER

FOOD PROVIDES FLUID TOO

Around 20-30% of our daily fluid intake comes from food. Foods with a high water content include fruits and vegetables; those particularly high in water include cucumber, melon, tomatoes and celery.

Make your own smoothie using water-rich fruits and vegetables. Here's one of our favourite recipes:

THE GREEN ONE SERVES 2

INGREDIENTS

1 green apple, cored
50g baby leaf spinach
110g cucumber
60g celery
2 tbsp lime juice
275ml water

METHOD

Place all ingredients in a high-powered blender and blend until smooth. Add a small handful of ice if not cold enough, blend well.

Per portion: Energy 196kJ/49kcals Fat 0.4g Saturates 0.0g Sugars 8.6g Salt 0.0g