



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.
- We are constantly losing water through our skin when we sweat, our lungs when we breathe and when we 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 an individual needs 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);
- lower fat milks;
- unsweetened beverages (e.g. tea, coffee, sugar-free drinks).

Tips for staying hydrated at work

- Keep a water bottle with you throughout the day.
- Make sure unsweetened drinks, such as water, tea and coffee, are available in meetings.
- 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.

Calories in drinks can add up!

• Large latte with whole milk and flavoured syrup	364 keals
• Large latte made with whole milk	291 keals
• A pint of lager	244 keals
• Large glass of wine	228 keals
• A 330ml can of cola soft drink	137 keals

What about fruit/vegetable juices and smoothies?

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

Drinks that contain free sugars (other examples include 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

Come up with three new flavours of infused water using vegetables, fruit and/or herbs – be creative!