

## How Are You Quenching Your Thirst?

The human body is made up of about 60-70% water! We naturally lose water throughout the day and replacing these body fluids will help to keep us hydrated and feeling our best. *Canada's Food Guide* suggests that people drink water regularly to quench thirst and replace fluids that are lost.

The fluids you drink make up about 80% of your water intake. Good examples include water, milk, 100% fruit or vegetable juice and soup.

Foods contribute about 20% of your fluid needs. Vegetables including carrots, celery, cucumber, lettuce, tomatoes and peppers have a high water content. Fresh, frozen or canned fruit also have high water content, including watermelon, grapes, peaches, berries, oranges and apples.

### **What about Dehydration?**

You'll know you're getting dehydrated if you're very thirsty, if you feel tired, irritable, dizzy or light-headed or if you seldom need to go to the bathroom.

- Plan regular fluid intake. Consume water, milk, juice or other fluids with meals, snacks and throughout the day. Carry your personal water bottle with you.
- Eat plenty of vegetables and fruit.
- Drink additional fluids before, during and after physical work or play.
- Watch for signs of dehydration.

### **Healthy Beverage choices...**

**Tap water** is an eco-friendly and economical beverage that promotes hydration without adding extra calories or caffeine to your diet. *Canada's Food Guide* recommends people drink more water in hot weather or when physically active. Those most at risk of dehydration in hot weather are older adults and young children.

**Lower-fat skim, 1% or 2% white or chocolate milk** are examples of beverages that can help satisfy hunger and thirst and provide many nutrients. *Canada's Food Guide* recommends children 2 years of age and older and adults drink 2 cups (500 mL) of milk every day for adequate vitamin D.

**100% fruit juice (1/2 cup)** with no added sugar is a serving of 'Vegetables and Fruit' according to *Canada's Food Guide* and thus can be part of a healthy eating plan. Diluted fruit juice can hydrate and satisfy thirst for children and ensure they are not missing out on other important nutrients by filling up on fruit juice.





## **Think Before you Drink...**

There are lots of beverages that people consume regularly without realizing the impact on their body.

**Soft drinks, fruit punches and fruit drinks** have become a thirst quenching habit for many children and adults. *Canada's Food Guide* recommends limiting beverages high in calories, fat or sugar such as fruit flavoured drinks and soft drinks that have added sugar and very few nutrients.

**Coffee and regular teas** naturally contain caffeine; they provide very few nutrients and contain a high amount of calories if sugar and cream are added. Health Canada recommends that adults limit their caffeine intake to about three 8-oz (237mL) cups of regular coffee a day. Caffeine can cause nervousness, anxiety, jitteriness, stomach/intestinal upset, rapid heart rate and sleep issues in some individuals. Those who consume it regularly may experience withdrawal symptoms such as headache, fatigue, irritability and poor concentration. For the average healthy adult, moderate caffeine intakes pose no health risk, especially if they eat a balanced diet and enjoy regular physical activity. To cut back on your caffeine intake, try decaffeinated coffee or tea, caffeine-free herbal teas, a latte or café-au-lait, tea brewed for less time or caffeine-free versions of your favorite carbonated beverages.

**Sports drinks and energy drinks** are advertised and actively promoted for enhancing energy and alertness. Sports drinks are specially designed to replace the fluids and electrolytes lost in sweat and to provide energy after intense exercise. Energy drinks are very different as they claim to stimulate and energize (they contain double the amount of caffeine of soft drinks). The amount of caffeine in most energy drinks exceeds recommendations for children. Health Canada suggests no more than 45 mg/day of caffeine for children 4-6 years, 62.5 mg/day for 7-9 years and 85 mg/day for children 10-12 years. The amount of caffeine in these drinks can cause nervousness, anxiety, jitteriness, stomach/intestinal upset, rapid heart rate, increased blood pressure and sleep issues in some individuals. The high sugar content and carbonation can also interfere with hydration. *Canada's Food Guide* recommends limiting beverages high in calories, fat or sugar such as sports and energy drinks.

For more information on sports and energy drinks, and other healthy eating information, check out the Dietitians of Canada website ([www.dietitians.ca](http://www.dietitians.ca))