



WATER YOU DRINKING?

Water makes up over two-thirds of the human body so it's important that you consume enough fluid to stay hydrated. Here are some healthy choices and ones to watch...

THE BEST...



Water delivers fluid without adding calories or damaging teeth. If you don't like plain water, try sparkling water or add a slice of lemon or lime.

GOOD...



Milk is a source of water but it also contains saturated fat so choose semi-skimmed or skimmed.



20% of our total water intake is from food. Some foods have a high water content, especially fruits and vegetables, which are usually more than 80% water (e.g. watermelon, strawberries, tomatoes, etc)

WATCH OUT...



Soft drinks, tea & coffee, fruit juices/smoothies, energy/sports drinks, and alcohol.



All of these contain water but can be high in sugar, high in caffeine, calorific or a diuretic.

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