

WATER

What does water do for the body?

- Moistens oxygen for breathing and helps carry nutrients and oxygen to the cells all over the body
- Forms saliva for digestion
- Removes waste and protects and cushions your vital organs and joints
- Is required by the brain to manufacture hormones and neurotransmitters
- Regulates temperature through sweating and respiration
- Acts as a shock absorber for the brain and spinal cord
- Converts food to components needed for survival and digestion
- Lubricates all joints of the body
- Flushes waste material through the body via the urine generally
- Allows the body's cells to grow, reproduce and survive



What are the best beverages for good hydration?

- Water - Still, filtered, coconut or infused (fruit and herbs)
- Tea – green, black, white, oolong, fruit teas, herbal teas and Rooibos
- Coffee – decaffeinated, black
- Whole / semi skimmed milk
- Oat, almond, rice and hemp milks
- Non-concentrate fruit juices as part of your 2-3 portions of fruit per day.
- Low sugar and calorie squash
- Vegetable juices
- Homemade or low sugar fruit & vegetable smoothies or juices



What drinks should you avoid or only drink occasionally?

- Fizzy drinks such as Pepsi, Coca Cola, Lemonade, Fanta, J2O, Appletize, Schloer, Ginger beer, Dr Pepper, Vimto, Iron- Bru, Lilt, & Rubicon
- Sports drinks such as Lucozade sport, Gatorade, Powerade, ActiVeman Power Up, Monster, & Red Bull
- Chocolate or malt-based drinks
- Alcoholic beverages such as wines, beers, spirits and liqueurs.

