

# Families Flyer 1: General information regarding «Water Consumption»

## How is water beneficial?



Water is vital for life, since more than 65% of our body consists of water! It is important for brain function, concentration and satiety control. Every day we

lose water via urine, sweat, and breath so we need to replace the losses in order to preserve our body function and performance.

## When we don't hydrate adequately...



When we feel thirsty we have already lost at least 2% of our body weight as water. However,

losing 1% can already decrease the ability to concentrate and perform well. Losses of 4% or more may cause dizziness, fatigue and headaches.

## So, how many glasses of water (250mL) should we drink daily?

- Adults: 8-10 glasses/day
- Children: 6-7 glasses/day
- You may need more water and fluids when the weather is hot, during exercise or when having fever.



## Avoid other beverages

Avoid drinking other beverages, especially sugar-containing ones, as soft drinks and packed juices, as their frequent consumption may lead to excess weight gain. Same rules apply for freshly squeezed juice, as a glass of juice could provide the same calories as 2-4 fruits, without offering the same nutrients or satiety control.

Adults could choose light products, if they wish to drink any. As for coffee and tea you may consume them daily, avoiding added sugar.

***Don't wait until you're thirsty to drink water!***

## Tips & suggestions on how to improve your family's water consumption

- Always drink water first to quench thirst.
- Each member of the family could have their own bottle of water to monitor their daily consumption.
- Avoid buying sugar-sweetened beverages or juices, so that you don't get tempted.
- Allow consumption of sugar-sweetened beverages or juices only at certain occasions, e.g. birthday parties.
- Be a good role model for your child by drinking sufficient amounts of water every day yourself.
- Express your enthusiasm while drinking water with your child (e.g. "I love drinking water", "Drinking water is so refreshing!" and "Drinking water helps my brain speed up!").
- Provide your child with a flask of water to drink at school every day. Also, take it with you wherever you go, so that you have always water available for you and your child no matter how busy or in a hurry you may be.