



# NUTRITION FACT SHEET



## Hydration

### Why is water so important?

When we are born water makes up about 75% of our body weight. Our bodies are constantly losing water through sweating, breathing and going to the toilet. It's really important that we replace the water that we lose because water helps us to carry nutrients around our bodies, remove waste products from our major organs and control our body temperature. It helps us to concentrate too!

### Sugar laden liquids

In the UK, children are having nearly three times the recommended amount of sugar each day. The majority of this sugar tends to come from sugary

drinks which can damage our teeth and don't help to rehydrate us as much as water does.

Energy drinks contain caffeine and other stimulants, as well as being packed with nearly three times the recommended amount of sugar. In large quantities, these can affect your sleep, potentially cause anxiety and affect student's behaviour. The sale of energy drinks to under 16's has now been banned in many supermarkets to limit harmful effect.

It is important to try to drink 6-8 glasses of fluid each day and make as many of these plain water as you can. When it's hot or you exercise you lose more water

through sweating so it's even more important that you drink some extra water.

**Family challenge:** create a chart so you can record how many glasses of water and other drinks you all have each day! If you don't drink 6-8 glasses of water each day, try to set yourself a challenge to drink more.

**TOP TIP:** If you don't like water and usually add squash or juice, try to gradually reduce the amount you use, your taste buds will change and you might start to like plain water. You could also add some fruit like lemon or lime to your water to flavour it in a healthy way.

