

PRACTICAL ADVICE ON SUPPORTING HEALTH DURING THE COVID-19 PANDEMIC

HEALTHY HYDRATION

We are all spending more time at home these days and there are many reasons why choosing to hydrate with water can be beneficial



There is evidence that hydration is good for mood. Our brain is 75% water. Dehydration may have an impact on cognitive function and mood.



Hydration can affect cognitive function, including short-term memory, concentration, and alertness in children and adults. Drinking enough water can support some aspects of cognitive function.



We often forget to hydrate. Having water handy, and incorporating drinking water within your daily routine can help.



Most of us think of food when we think about nutrition. Drinking more water is a behaviour we can adopt as part of our overall nutritional strategy.



Water is the healthiest way to hydrate. Naturally calorie-free, it's the only fluid your body needs. Choosing water over sugar-sweetened beverages can help you save calories.



Having a glass of water before meals may aid satiety.



Choosing water to postpone the impulse to snack is helpful for some.



Learn more on the EFAD and Hydration for Health websites:
www.efad.org/en-us/euhac-hydration-resource-center/
www.hydrationforhealth.com