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February 2017 (Issue 1) : Tips to Improve Water Intake

Aga Khan University Hospital, Karachi

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TIPS TO IMPROVE WATER INTAKE

FUNCTIONS OF WATER IN THE BODY

- Lubricates joints.
- Removes waste from the body.
- Regulates body temperature.
- Is essential for cells to work properly.
- Carries nutrients and oxygen to cells.
- Involved in chemical and metabolic reactions in the body.
- Helps dissolve minerals and other nutrients and makes them available for body functions.

HOW MUCH TO DRINK

It is advised to develop a routine to ensure water intake is enough to avoid dehydration. Although there is water in food sources as well, the body's hydration needs change with weather, disease, medications and physical and other activities. A person should consume 30ml of water per kg of body weight which means that if a person weighs 50 kgs they should consume 1500ml water per day.

HOW TO MAKE KIDS DRINK WATER

To make it easy for a child to drink water, give small containers to take to school which can be easily kept in a lunch box. Give them fresh juices which are 100% fruit, or healthy beverages like milk shakes.

HOW TO INCREASE WATER INTAKE

- Always carry a water bottle around; when it is in sight, you will remember to intake water.
- Start drinking water early in the morning with defined targets.
- Take into account your tea, coffee and gravies in water intake.

- If plain water seems unappealing, than add some fruit or vegetable in water bottle like lemon slice, strawberry, cucumber or ginger.
- Associate some actions with water; drink water after you have been to the washroom or while passing by the water dispenser.
- While dining out, always take water instead of soft drinks. Drinking one or more glasses of water before the meal helps with consuming fewer calories.
- Take water-rich foods including cucumber, zucchini or grape fruit.

DO NOT FORGET MILK

Milk is important for bones and overall wellbeing of the body. An adult needs to drink at least 2 to 3 servings of milk per day while children need 2 servings every day. Milk consumption also contributes towards daily water intake targets.



References:

<http://www.self.com/story/how-to-drink-more-water>

<https://www.choosemyplate.gov/ten-tips-make-better-beverage-choices>

