

# our handy guide to hydrating food & drinks

## Hydrating drinks – water found in



sparkling water

Feel like a fizzy drink? Sparkling water is a good idea and a **much healthier alternative** to sodas.



juice

Another option for hydration. **Remember:** If you are drinking juice, be mindful that **one serve is just 125 mL** – not a whole lot to quench your thirst. Also, look for juice with no-added sugar or better, make your own!

**Tip:** Try a whole piece of fruit instead to satisfy your sweet cravings while rehydrating with a glass of water



electrolyte  
waters/drinks

Usually contain less electrolytes than oral rehydration solutions (remember the drinks your parents used to give you when you had gastro!) but may be a hydration option if you are losing a more sweat than usual.



coffee

Contributes to hydration but be mindful of the caffeine content.

**Tip:** enjoy your coffee whilst drinking a glass of water for every caffeinated beverage!



sports drink

Specifically designed to provide carbohydrates, electrolytes and fluids to help fuel the performance of athletes, but for non-athletes, water may be a better option!

**Tip:** Remember to look out for the added sugar! Some **standard sports drinks** (600 mL) contain about 35g of sugar, which is about 8.5 teaspoons of sugar!



herbal tea

Definitely another hydration option if you are looking for a caffeine-free and night-time tea! Not all teas are caffeine free – so double check the label.



energy drink

Sometimes confused for sports drinks, these are a different category entirely! These **drinks can often contain** high levels of caffeine (around 200 mg – similar to two cups of brewed coffee!)

They may also contain high levels of added sugar. Rather than hydrate you, these drinks are diuretics which means you'll need to up your water intake if you're having an energy drink!



milk

Another hydrating option with an extra dose of protein and calcium.

## Hydrating fruits & veggies – eat your water!



cucumbers

96% water



tomatoes

95% water



spinach

93% water



mushrooms

92% water



yellow melon

91% water



broccoli

90% water



brussel sprouts

86% water



oranges

86% water



apples

86% water



blueberries

85% water

Snack on one or  
add it to your salads!

Not sure how to include fruits  
and veggies in your diet?  
We've got you covered with our  
**"Eat more veggies"**  
program!

### important note:

having hydrating fruits and veggies will contribute to your water intake but shouldn't replace drinking water.