



Top Hydration Facts

Did you know?

- Water accounts for about 65% of our body weight and performs crucial roles such as carrying nutrients and waste products between our major organs, helping regulate body temperature, lubricating our moving parts, and acting as a shock absorber.
- Our brains are 73% water; poor hydration can have an adverse effect on how our brains function.
- The European Food Safety Authority's scientific experts recommend an intake of 2.5 litres of water for men and 2.0 litres of water for women per day, via food and drink consumption. It is expected that 20% of this intake will come from food, meaning that men should be drinking 2.0 litres of fluids a day and women, 1.6 litres of fluids. This is a guideline for people in moderate environmental conditions and doing moderate physical activity.
- This is supported by the NHS who recommends that women should drink eight 200ml glasses and men should drink ten 200ml glasses of fluid per day.
- Of the 8-10 glasses, water is the only fluid the British Nutrition Foundation says we should be drinking 'plenty' of; however, the average Briton drinks less than one glass of water a day.
- A survey by the Natural Hydration Council in April 2012 showed that almost 65% of the adult population are not drinking the minimum amount of water.
- Studies in adults show that even mild dehydration can reduce everyday mental performance and increase feelings of aggression or irritation.
- A Natural Hydration Council study published in Complete Nutrition (May 2012) found that providing children with water at school significantly increased levels of cognition, including factors such as visual memory and performance.
- A study by the University of East London (findings presented in April 2012) found that students who bring drinks into an exam outperformed those who did not.
- On an aeroplane the lack of humidity causes moisture from our bodies to evaporate at a quicker rate than normal which can sometimes cause 'travel fatigue'.
- When pregnant or breastfeeding a women's fluid requirements are higher than usual. Women should increase their total water intakes by an extra 0.3 litres/day during pregnancy and an extra 0.7 litres /day whilst breastfeeding, over and above total water intake recommended by EFSA (see point 3).
- Recent studies have shown that for people carrying out prolonged exercise a 2% drop in body mass through water loss, i.e. 1.4kg for a 70kg adult, can result in around a 20% decrease in performance levels in temperate climate and up to a 40% decrease in hot temperatures.

