

HYDRATION



Brought to you by Catherine Burns, Nutritional Therapist BA Hons, Dip ION, mBNTA

Good hydration is important for energy, sports performance, focus, heart health, skin health... the list goes on! But it's easy to become dehydrated in a hot climate – especially when you're in and around water and not necessarily noticing how much you're sweating. Dehydration can contribute to fatigue, headaches and sunstroke – so it's good to keep up your fluids.

did you know?

A recently study published in The Nutrition Journal looked at fluid intake in children, finding that an amazing 75% of 4-8 yr olds didn't drink enough water. That increased to 85% of children aged 9-13 years old. Adults are often just as bad!

Water needs vary but a couple of easy things to monitor are your thirst and the colour of your urine. If you're thirsty, you're likely already hydrated. Your urine should be pale yellow – if it's dark yellow or brown, you need to drink up. If it's pink (and you haven't eaten beets lately!) then you should see your doctor!

Your tips for Healthy Hydration!

Sports Drinks

Unless you need the carbs for sports performance then avoid mainstream sports drinks which are full of sugar. If you want electrolytes (great if you're sweating a lot, very active or in the heat for a long time) then look for Nuun tablets. They're free from artificial dyes and sweeteners. Avoid the ones with caffeine for kids!

Flavoured Waters

Whether they're still or sparkling, avoid flavoured "waters" with artificial dyes, sweeteners or sugar alcohols. Waterloo, Spindrift and Perrier all have great options with amazing natural flavours.



Sodas

Try and avoid sugary sodas and things like fruit punch and iced tea. Many contain over three day's worth of sugar in one small bottle!

For a healthier alternative, try our Zevia sodas which are just sweetened with stevia, a natural plant extract. They're dye-free too!



Fruit Juice

Keep portion sizes small or dilute with still or sparkling water. We love the Val de France organic sparkling juice - known as 'Kids Champagne' in the store!

Spirits

White spirits such as gin or vodka are one of the better options but you need to watch your mixers. Tonic and Cola can be full of sugar, so try soda water instead or Waterloo, Spindrift or Perrier. The natural flavours are a great addition! Deep Bay have done this for you, which make it a great product on the go.



Beer

Miles Market has a great range of craft beers. But for those with celiac disease, we carry the Peroni gluten-free beer, which is certified as celiac-friendly. It's delicious – and no bitter after-taste!



Wine

Bermudians love rose! Our range of L'escarelle wines from Provence are CAB certified, meaning that they come from a vineyard in transition to organic agriculture. This means less pesticides for you and the environment. The L'escarelle estate also has the highest ranking certification in France for it's efforts to support biodiversity and wildlife. These wines will be completely organic by 2021. They're very easy drinking and budget friendly too.

Check out all our 'Wellness on the Water' health + safety tips on our website! www.pwmarine.bm



REMEMBER!

When it comes to your health, the less alcohol the better. If you do drink alcohol, please do so moderately and in line with any recommendations given to you from the health professional involved in your care. Always stay well hydrated with options that are low in sugar and free from artificial dyes/sweeteners.