



**BETTER  
HEALTH**  
INFO BITE



**Life Care  
Consultants Ltd**

Ngā Kaitohutohu Tiaki Ora



## Eat your water

Water is essential to all living organisms. The proof is in the pudding, or rather, in context, the proof is in the percentage of water on Earth, and in all living beings, including humans.

The earth is made up of 80% water, most animals will have as much as 80% of their mass being water and the human body is made up of 55-60% water.

Water keeps us mobile; our bodies need liquid to function, joints need "oiling" and organs need "juices". For decades, experts and dieticians, nutritionists, fitness gurus and the health conscious have sworn by drinking water to stay hydrated, and, while we agree with this, because it is simply the easiest way to hydrate yourself, we also recognise that drinking copious amounts of water just isn't everyone's cup of tea!

Some people just don't like the taste of water and for others, it might not be practical or possible to have water and refillable bottles with them.

You might be thinking then, a bit tricky to hydrate yourself if you aren't drinking water! Did you know the human body is capable to absorbing up to 20% of water from foods alone?

Here at Life Care, we're all about education and being receptive to the many ways teaching and learning can be done – so here's our approach to getting and staying hydrated – with input from our knowledgeable health consultant and nutritionist, Monica Grayling - "eat your water" – an alternative to the traditional 8 glasses a day!

Knowing which foods, are hydrating is the key; high water release foods versus high water absorbers (which suck the water right out of you).

As you might expect, most fruit and vegetables are hydrating and with summer on its way, achieving alternate ways to hydrate will be really easy as we have a delicious variety of fruit available, watermelon,

cantaloupe, strawberries and pineapple, kiwi fruit, peaches and our much-loved feijoa, just to list a few. These are also yummy chucked into a smoothie or straight up into water as a flavour enhancer. You can easily snack on and add these veggies into your day, cucumber, radishes, lettuce, carrots, broccoli, and potatoes, which are also high water release foods.

A study conducted ([Development of a method for measuring water absorbency or release of food during mastication | SpringerPlus | Full Text \(springeropen.com\) Narita et al., 2015](#)) showed that the likes of the Japanese radish, carrot and apple are major water releases, in contrast to high water absorbers, like cookies and bread. This was determined through an increase or decrease in the weight of the food. The lower the percent increases in weight after chewing suggested larger water releases. In more simple terms fruits and vegetables are largely composed of water, and as soon as these enter your mouth and are chewed, their water content becomes available and is absorbed.

The options don't end with fruit and veg - broth or clear soup, yoghurt and smoothies which can be jam-packed with fruit, vegetables, oatmeal and milk or milk alternatives can also be hydrating. You'd only need to be cautious here not to add too many more calories if you're also eating regularly throughout the day, perhaps for example, replace a lunch pie and soda with a soup or smoothie and half a sandwich.

Many of our customers' employees work long hours or outdoors, and some have a work schedule, industry or job role that demands both.

Contact our team  
**0800 493 559**

**P (07) 853 3050 E [info@lifecare.co.nz](mailto:info@lifecare.co.nz) W [www.lifecare.co.nz](http://www.lifecare.co.nz)**



Working longer hours can sometimes make us want to reach for more caffeine heavy liquids, and actually up to 400 milligrams (mg) of caffeine a day is OK for most healthy adults. That's roughly the amount of caffeine in four cups of brewed coffee, 10 cans of cola or two "energy shot" drinks. This amount of caffeine shouldn't affect dehydration levels too much, however swapping a coffee for an apple can be better for you because the fructose (natural fruit sugar) in the apple will burn slowly, helping reduce any sugar cravings and 'crashes' in energy levels we can sometimes experience after a caffeine kick.

Hydration is also vital for counteracting the effects of thermal stress on the body, this condition happens when the body is exposed to extreme cold or hot conditions, and their body is not able to acclimatize. Dehydration can lead to impaired physical and cognitive stress, impacting both safety and performance. Prolonged work in the outdoors can produce 1L of sweat per hour on average, this needs to be replenished, otherwise the body can be at risk of impaired heat regulation, causing heat exhaustion or worse, heat stroke.

Activity, heat and using your brain all require hydration to some extent, take every opportunity to hydrate, like a glass of water or an apple before your first cup of coffee. (Rasooli Sharabiani et al., 2021 [Estimation of moisture ratio for apple drying by convective and microwave methods using artificial neural network modeling | Scientific Reports \(nature.com\)](#)).

Whether you choose to hydrate by drinking water or taking it in from the food you eat, the key is to stay hydrated, keeping your body and mind moving, healthy and functioning optimally.

**For more reading on this interesting topic, go here:**



**What Counts as Water?  
How to Stay Hydrated (webmd.com)**



**Myth or Fact? - Hydration for Health**



**23 Ways to Eat Your Water with Hydrating Foods — Eat This Not That**



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