





NUTRITION CAMPAIGN

Take care of your hydration with us

Staying Hydrated – Staying Healthy

According to European Food Safety Authority EFSA the amount of water that is deemed adequate includes water from drinking water, beverages of all kinds, and from food moisture.

Available data for adults permit the definition

- 2.0 I / day for females and
- 2.5 I / day for males

Remember!

When the outside temperature is high, even more water should be consumed to prevent heatstroke.



- + Removes toxins
- + It improves the mood
- + Increases the body's efficiency
- + Increases metabolism
- + Moisturizes the skin
- + It helps you lose weight
- + It prevents muscle cramps
- + It minimizes the risk of a heart attack

WHAT WATER TO CHOOSE FOR DRINKING?

THE SUM OF MINERALS	TYPE OF WATER	DOSAGE
< 50 mg / I	very low mineralized	You can drink without restrictions
< 500 mg / I	low mineralized	If you have heart or kidney disease, choose water with mineralization up to 200 mg / I. Choose a similar water for very young children. If you struggle with hypertension, choose water with mineralization up to 20 mg / I.
< 1500 mg / I	moderately mineralized	Medium mineralized water is not recommended for young children, as well as for breastfeeding or pregnant women.
> 1500 mg / I	highly mineralized	You can consume highly mineralized water only in hot weather and after intense exercise and according to your doctor's recommendations.

Attention! Do not drink / consume in excess and constantly highly mineralized water, as this may lead to a dangerous accumulation of bioelements in the body.

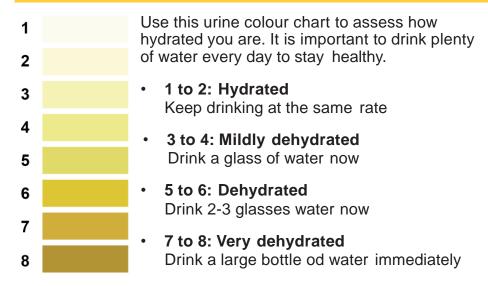
HOW TO DRINK ON HOT DAYS?

Always carry a bottle or glass of water with you, and drink water before and during sports.

Start your day with a glass of lemon water, add honey and if you can a pinch of salt is a natural isotonic drink.

Avoid or limit the consumption of diuretics such as alcohol, coffee, cola and energy drinks.

AM I DRINKING ENOUGH WATER?



Important! The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you worried.

SIGNS OF DEHYDRATION

- STAGE I severe thirst, infrequent urination, dry mouth, lack of appetite, drowsiness, weakness, headache and dizziness, fainting, visual and speech disorders, nausea, arrhythmias, rapid breathing, hypotension, muscle spasms and pain, fever, loss of flexibility skin
- STAGE II drowsiness, tingling, numbness, irritability
- **STAGE III** loss of speech, swelling of the tongue, convulsions, impaired consciousness, loss of consciousness
- STAGE IV death

USEFUL APPLICATIONS



You can find many applications on the Internet that will help you stay hydrated. Download the mobile application and take care of your health. You don't have to watch the time - the alarm will remind you to drink the water at the right time.

Source: https://www.health.nsw.gov.au