



11 facts about nutrition and hydration

Do you know what fuelling your body with the proper nutrients and staying hydrated can do for you? If not, here's an overview of how important nutrition and hydration are for our daily lives. We'll look at 11 facts that will help you understand why it's so important to fuel the body properly. We'll cover everything from basic nutritional guidelines to meeting individual hydration needs while giving tips on building healthier eating habits into a busy lifestyle.

Nutrition and Hydration Week 2023

For the past 11 years, Nutrition and Hydration Week has been an invaluable reminder about how vital food and drink are for our physical health. This year, it runs from the 11th to 18th of March. Taking time this week to recognise nutrition's fundamental role is essential in maintaining wellbeing.


A healthy diet comprises a mix of carbohydrates, protein, fats, and fibre. These work together to ensure your body gets what it needs throughout the day. If you'd like help tracking your nutritional intake, use an app like MyNet Diary, PlateJoy, or Lifesum.

As a guide, the dietary reference values (DRVs) per day for an average adult woman are:

Average Adult Women (DRVs)	
Energy	2000kcal
Fat	No more than 78g (or 35% food energy)
Saturated fat	No more than 24g (or 11% food energy)
Carbohydrate	At least 267g (or 50% food energy)
Free sugars	No more than 27g (or 5% food energy)
Protein	45g
Fibre	30g
Salt	No more than 6g

The dietary reference values (DRVs) per day for an average adult man are approximately:

Average Adult Man (DRVs)	
Energy	2500kcal
Fat	No more than 97g
Saturated fat	No more than 31g
Carbohydrate	At least 333g
Free sugars	No more than 33g
Protein	55g
Fibre	30g
Salt	No more than 6g



Staying hydrated is key to keeping your body in tip-top shape. The UK Government recommends drinking around 1.2 litres of fluids daily, which translates into 6 - 8 glasses - approximately 200ml and 150ml respectively.

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1



Eating the right combination of nutrients provides energy and helps keep our minds and body in tip-top shape. Vitamins, minerals, and other micronutrients are necessary for a healthy diet. They play an essential role in keeping our bodies functioning optimally.

2



Nutrition affects moods and mental health. When we don't get enough nutrition from our food, it can lead to fatigue and depression and affect our ability to think clearly. Eating a balanced diet loaded with fruits, vegetables, whole grains, and lean protein is essential for maintaining good mental health.

3



Hydration is key to optimal physical performance. Staying hydrated increases energy levels, reduces fatigue, and improves reaction time. It also helps regulate body temperature, which is essential for physical activity.

4



Nutrition and hydration go hand-in-hand when it comes to maintaining a healthy lifestyle. Eating the proper nutrients helps keep us energised throughout the day while staying hydrated prevents dehydration and allows our bodies to function correctly.

5



What we eat affects our immune system. Eating a balanced diet with the right combination of vitamins, minerals, and other essential nutrients can help strengthen our immune system and prevent illnesses.

6



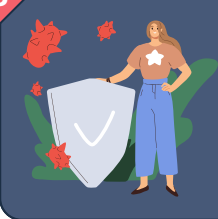
Nutrition affects how we look on the outside and how we feel on the inside. Eating nutrient-dense foods like fruits, vegetables, lean protein, and whole grains can help our bodies look better by providing the right nutrition and hydration.

7



Eating a healthy diet full of essential vitamins and minerals is one of the best ways to ensure we receive all the nutrition we need to maintain good health regardless of age.

8



Nutrition and hydration can help prevent diseases such as cancer. Eating foods with antioxidants, like fruits, vegetables, and whole grains, can help reduce the risk of certain cancers by fighting free radicals in our bodies.

9



The food we eat affects energy levels throughout the day. Eating nutrient-rich meals every few hours gives us sustained energy to power through our day-to-day activities.

10



Nutrition and hydration play a role in weight management. Eating the right nutrients helps keep us feeling full for longer periods while staying hydrated prevents overeating by confusing thirst signals with hunger signals.

11



Nutrition and hydration can be incorporated into any lifestyle. Finding healthy meal options that are easy to prepare ahead of time is one way to make nutrition and hydration part of your daily routine without sacrificing taste or nutritional value.

Nutritionists are an excellent resource for developing healthier eating habits if you're looking for nutrition and hydration tips or just trying to stay informed on the latest nutrition topics. Working with a nutritionist can provide personalised nutrition tips and advice tailored to individual needs. They can also help set achievable goals that lead to long-term success.

Our experts are here to help. Contact your HealthHero or Validium service for support with developing healthier eating habits and to stay informed on the latest nutrition topics.



HEALTH HERO