

Water for Wellbeing: a guide to fluid intake



Water and your body

Water is vital for your body's health.

Almost every function in the body requires water:

- Breathing
- Digestion and absorption
- Waste removal
- Temperature control
- Blood circulation

Water makes up about 60% of the body which has no storage facilities. Fresh supplies of water are required each day.

Health benefits of drinking well

Drinking well helps to:

- Reduce the effects of overactive bladder, such as frequency and urgency to pass urine. Restricting your fluids can irritate the bladder further by concentrating the urine
- Prevent UTIs
- Prevent constipation
- Maintain blood pressure
- Keep your mind working well by improving concentration, memory and alertness
- Hydrate the skin, which in turn makes a person less prone to damage from knocks and bumps
- Prevent falls
- Keep the mouth moist and healthy

Ways fluid is lost from the body

On average we lose around 2.5 litres of fluid each day. An inactive older person may lose closer to 2 litres of fluid per day.

Exercising and hot weather increases the amount of fluids lost. The more active you are the more you need to increase your fluid intake.

Remember its also important to maintain your fluid intake in the winter months.

How much fluid is enough?

We must replace the amount of fluid lost or we will end up dehydrated.

Food provides about 1 litre of fluid replacement. Most fruit and vegetables are 70-80 per cent water. Most foods such as ice cream, custard, soups, yoghurt and jellies are mainly water. Even foods we think of as dry such as bread, have a good proportion of water.

But we still need to drink an additional 1500mL of fluid to match the fluid loss from day to day living, unless advised otherwise by your doctor.

For further information contact (03) 9816 8266 | 1300 220 871
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Ways to drink more water

- Start the day with a glass of fresh water
- Drink a glass of water with each meal
- Smaller more frequent drinks are better as the body absorbs the fluid more efficiently
- To improve the taste of water, flavour it with apple juice or pieces of lemon or orange. Mint and cucumber are also very refreshing
- Water contained in drinks high in sugar and salt eg soft drink and fizzy drinks are not well absorbed by our body. It is best to limit intake of these drinks
- Don't wait until you feel thirsty to drink. Get into the habit of drinking regularly throughout the day
- Tea is a good source of water. Up to 4 cups a days is OK
- Try a cup of hot water if you want something to warm you up.
- Drink water when taking medications, with or without food

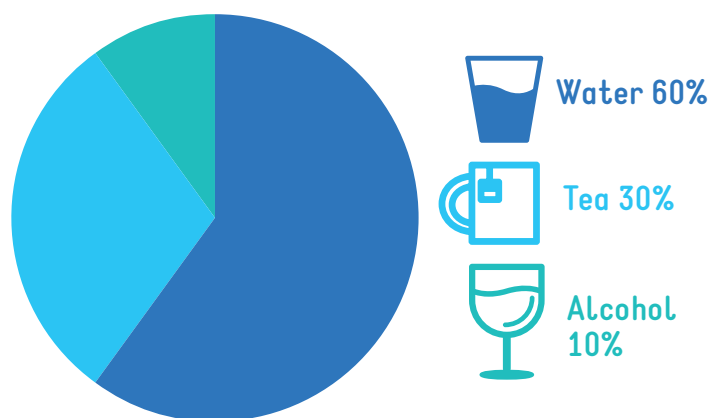
Fluid is vital to your health and wellbeing

YOUR BODY NEEDS AT LEAST

1500ML

OF FLUID EVERY DAY

A guide to fluid intake



GET UP	Water 100mL
BREAKFAST	Cup of tea 200mL Juice or water 100mL
AFTER SHOWER	Water 100mL
MORNING TEA	Cup of tea 200mL
LUNCH	Cordial drink 150mL
AFTERNOON TEA	Cup of coffee 200mL Water 50mL
DINNER	Soup 200mL Water 100mL
BEDTIME	Water 50mL
WITH MEDICATIONS	Water 50mL
TOTAL	1500mL minimum

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