

## Healthy Living in a Heatwave

### Drink plenty of fluids

Every day we should aim to drink 2 litres of water (6-8 glasses) but in hot weather we need to drink more, and often.

Most non-alcoholic drinks count towards your fluid intake for the day.

- ✓ Tap water
- ✓ Sugar free cordial
- ✓ Diet fizzy drinks
- ✓ Milk
- ✓ Fruit juice and smoothies (150ml a day as these can be high in sugar)
- ✓ Tea and coffee (limit in hot weather)



Top tips:

- Add ice cubes to cold drinks
- Keep a refillable water bottle with you to monitor your fluid intake
- Always take a bottle of water out when you venture out
- Some people find drinking hot drinks has a cooling effect on the body.

### Healthy food to enjoy in the heat

Fruit and vegetables contain a lot of water. Enjoy these in abundance to keep hydrated

- ✓ Water melon
- ✓ Gallia/honeydew melon
- ✓ Strawberries
- ✓ Salads, such as lettuce and cucumber

Top tips:

- Snack on fruit throughout the day
- Serve your usual meals with extra salad or veggies
- Add slices of orange, cucumber, blueberries or mint to a glass of water for extra flavour and cooling effect.



- ❖ Food high in sugar is thought to increase body temperature so is best avoided during extreme temperatures! Spicy food can also have the same effect.