

Fluids and nutrition.

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Perspective

Drinking plenty of water every day is important for one's health. Dehydration, a disorder that can cause confused thought, mood changes, cause body overheating, and lead to constipation and kidney stones, can be avoided by drinking water.

Water an important fluid helps your body: Keep body at normal temperature, Provide lubrication and cushion to joints, Protect spinal cord and other sensitive tissues, Eliminates waste by urination, sweating, and bowel movements

Water requirement increases during: hot climates, physical exercise, in fever, diarrhea or vomiting. Fluid requirement in body are met with the help of water and beverages intake. Fluids content can also be getting through food – especially foods with high water content, such as many fruits and vegetables.

Tips to drink more water: Carrying a water bottle and refilling it all day long. Freeze water bottles and take along with while going outside for ice-cold water all day long in hot summers. Prefer water over sugary drinks. Opt for water rather than soft drinks while eating out. This way we can save money as well as reduce calories. Serve water during meals. Adding wedge of lime or lemon to water can help improve the taste and help you drink more water than you usually do, also lemon content will work as glucose to body.

Healthier drink options

There are several fluids other than water available to overcome or satisfy fluid requirement of body. These can be part of a healthy diet; different beverages have different nutrient and calorie content. Very less or No Calorie Beverages: Plain coffee or teas, sparkling water, seltzers, and flavored waters, are low calorie choices, these can be a part of healthy diet. Drinks with calories and important nutrients: Alternatives to fortified milk such as unflavored soy or almond milk or 100 percent fruit or vegetable juice provide essential nutrients such as calcium, potassium or vitamin D. No fat or very low fat milk should be taken.

Other beverages: Sugary drinks: Regular soda drinks, fruit juices, sports drinks, energy drinks, sweetened waters, coffee and tea beverages, do contain calories but are very less nutritional. Alcoholic drinks: alcohol drink can be chosen in moderation. Caffeinated drinks: A healthy diet consists of moderate caffeine consumption (up to 400mg a day). This is equivalent to 3-5 cups of plain coffee. Drinks with sugar alternatives: those drinks which are labeled as “sugar-free” or “diet”, they are likely contain high-intensity sweeteners, such as sucralose, aspartame, or saccharine. As per the Dietary Guidelines for Americans, “replacing added sugars with high-intensity sweeteners may reduce calorie intake in the short-term. Sports drinks: They are flavored beverages often containing carbohydrates, minerals, electrolytes, and sometimes vitamins. In general for rehydrating person should prefer drinking water, rather than sports drinks.

Drinks to limit for children

Juice: Before 12 months old: The American Academy of Pediatrics suggests that children should not drink 100% juice until 1 year of age. We must avoid providing drinks like juice drinks with added sweeteners. Fruits are healthier and better options for child than fruit juices. After 12 months old: For children of more than a year age group who drink juice, pediatricians recommend 4 ounces or less of 100% juice a day. Drink 100% fruit juice only and do not with added sweeteners. Your child's fruits are better choices than fruit juices.

Cow's milk: After one year of age, too much fortified cow's milk can mean the child may not be hungry for other food which contains important nutrients. Experts say that consuming too much fortified cow's milk makes it harder for child's body to absorb the iron from foods.

Soda, pop, fruit drinks, flavored milks, or other sugar sweetened beverages: These drinks contain a lot of added sugars and are not recommended for children younger than 24 months old as per The American Heart Association.

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