

# The HYDRATION List

## Stay hydrated by drinking water throughout the day.

- Aim for at least 2- 3 liters of water per day, a good rule of thumb is 1 glass for every 10kg of weight, so if you weigh 60kg that's at least 6 glasses per day.
- Water helps to detoxify the body, prevent constipation, improve metabolic function, and improves cognitive function.
- Hunger is often a sign of dehydration, be careful to not snack on food if you have not consumed enough water.

### DAILY CHOICES

UNLIMITED  
(unless stated otherwise)

#### Water

- Tap or bottled
- Filtered
- Still/sparkling
  - Soda water
  - Woolworths - flavoured water without sugar/artificial sweetener (rose, lime and ginger etc.)
  - Home flavourings: lemon slices, cucumber slices, mint leaves, fruit cubes, orange slices

#### Coffee/Tee+ milk

- Maximum 2-3 mugs of coffee or English tea / Green tea
- 1 cup low fat milk per day
- 1-3 mugs of Rooibos tea or naturally caffeine free tea
- Optional sweetener: Xylitol

### SPECIAL OCCASIONS OR WEEKENDS

LIMIT THIS TO 2-3 SERVINGS PER WEEK

#### Iced tea

- Portion: 1x tin/small glass
- Iced tea liters
- Regular iced tea diluted with water or rooibos tea (ratio 1:3)

#### Juice (100% freshly squeezed)

- Portion: less than 200ml
- Dilute with ice, water or rooibos tea (ratio 1:3-4)

#### Coffee/Teas

- Cappuccino or latte (Ask for smallest serving)
- Avoid instant sweetened sachets of coffee/tea cappuccino or lattes

#### Fizzy drinks

- Portion: 1x tin/small glass
- Lite or diet varieties preferably

#### Concentrates

- Portion: concentrate (for example passion fruit or lime) <15ml in large volume glass
- Cordials mixed with lite/diet cool drink varieties of sparkling water

## WHAT ABOUT ALCOHOL?

Some of us would like to have a drink occasionally, and that's completely ok as long as it is done in moderation. It is recommended that men should not have more than 2 units per day and women no more than 1 unit. See the units below for an example.

Below you can see the effect that alcohol might have on your daily recommendations. It is therefore best to work the alcohol you are consuming into your meal plan to not undo all the great progress you are making.

## Examples of units and the portions of fat and/or starch they consist of:

- 45 ml distilled beverage = 2 fat portions
- 125 ml sweet wine/sherry = 1/3 starch + 2 fat portions
- 125 ml rose/red/ dry white wine = 2 fat portions
- 330 ml beer = 1 starch + 2 fat portions