

CHOOSE YOUR FLUIDS WISELY

What are my fluid needs?

The amount of fluid you need depends on your physical activity, health condition and the environment. Fluids include water, milk, juice and other beverages as well as fluid in foods such as soup, vegetables, and fruits. About 20% of our total fluid intake comes from food.

Total Fluid Needs From Beverages & Food	
Men	15 one-cup (250mL) servings per day
Women	11 one-cup (250mL) servings per day

Water

- Water is important for good health.
- Satisfy your thirst with water. Drink water at regular times throughout the day.
- If you don't like the taste of water, try adding some fresh lemon, lime or a splash of 100% unsweetened fruit juice.



Coffee

- Coffee contains antioxidants and other substances. Some of these may be good for your heart and others not.
- Drinking unfiltered coffee on a regular basis is not recommended.
- Avoid adding cream, non-dairy creamers, sugar and flavoured syrups on a regular basis.
- Health Canada recommends that adults limit caffeine intake to 400 mg per day or about 3 cups (250mL each) of brewed regular coffee. Caffeine may contribute to palpitations, anxiety, insomnia and heartburn.

Tea

- Tea contains antioxidants and other substances that may be good for heart health. Avoid adding sugar regularly.
- Black, green, white and oolong teas come from the same plant, but are processed differently. Recent studies suggest green tea may be more beneficial for heart health than other teas.
- Herbal teas or tisanes may not always contain antioxidants but may still be a healthy fluid choice. Some herbal teas are not recommended during pregnancy.

Alcohol

- If you drink alcohol, drink in moderation (0-1 drinks per day for women; 0-2 drinks per day for men).
- Moderate alcohol intake may reduce the risk of heart disease in some people as it may improve HDL (good) cholesterol, thin the blood and improve blood pressure. All sources of alcohol including liquor, beer, or wine provide these health benefits.
- Alcohol is high in calories and may contribute to weight gain. Heavy alcohol consumption may also increase blood triglyceride levels, blood pressure and increase the risk for stroke.
- If you are a non-drinker, do not start. If you have more questions about alcohol, consult your healthcare professional.

Sports drinks

(e.g. Gatorade®, Powerade®)

- May be an option for individuals who are training intensely for *more* than one hour.
- They help to rehydrate the body and provide energy; as well as sodium and potassium to replace sweat losses.
- Sports drinks may not be better than using water and food during extended periods of physical activity.



Energy drinks

(e.g. Red Bull®, Monster®)

- Are meant to provide increased mental alertness and physical stimulation.
- However, some energy drinks may contain high amounts of caffeine (equal to 2 cups of coffee) and can be high in sugar.
- They can actually lead to dehydration.
- Health Canada does not recommend energy drinks for children, pregnant or breastfeeding women, and individuals sensitive to caffeine. They also should not be mixed with alcohol.

Vitamin enhanced waters

(e.g. Aquafina Plus+™, Fuze®, Propel Calcium®, Glaceau Vitaminwater®, VitaRose™)

- Are flavoured waters with added vitamins, minerals, antioxidants, amino acids and other substances as well as an additional source of energy and/or artificial sweeteners.
- They are not intended as meal replacements and can often be an expensive way to get nutrients.
- The risk for nutrient toxicity increases if consumed in amounts greater than the dosages recommended on the label or if combined with additional nutrient supplements.
- Vitamin enhanced waters are not suitable for children and pregnant women.

Sparkling/soda/tonic water

(e.g. Perrier®, San Pellegrino®, Schweppes®, Nestle Pure Life®, President's Choice®)

- Water that has a “fizz”.
- Usually carbon dioxide is added to the water to create the “fizz”.
- Most sparkling water is sugar free however some flavoured brands have added sugar.
- Tonic and soda water may contain added sugar and sodium so it is a good idea to check the ingredients on the label.
- Good alternative for individuals who do not like the taste of water.

References:

- 1) Institute of Medicine. “*Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate.*” Panel on Dietary Reference Intakes for Electrolytes and Water, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Washington, DC: The National Academies Press, 2005. https://www.nal.usda.gov/sites/default/files/fnic_uploads/water_full_report.pdf Accessed September 28, 2017.
- 2) Zheng, XX et al. “Green tea intake lowers fasting serum total and LDL cholesterol in adults: a meta-analysis of 14 randomized controlled trials” *Am J Clin Nutr.* 2011 Aug;94(2):601-10. Epub 2011 Jun 29. <http://www.ncbi.nlm.nih.gov/pubmed/21715508> Accessed September 28, 2017.
- 3) van Dam RM et al. “Coffee, caffeine, and risk of type 2 diabetes: a prospective cohort study in younger and middle-aged U.S. women.” *Diabetes Care.* 2006 Feb;29(2):398-403. <http://www.ncbi.nlm.nih.gov/pubmed/16443894> Accessed September 28 2017.
- 4) Cai, L. et al. “The effect of coffee consumption on serum lipids: a meta-analysis of randomized controlled trials” *Eur J of Clin Nutr.* 2012 June 66:(6):872–877. <https://www.ncbi.nlm.nih.gov/pubmed/22713771> Accessed September 28 2017
- 5) Multi-vitamin/Mineral Supplements. Health Canada. http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=multi_vitmin_suppl Accessed September 28, 2017.
- 6) Health Canada Caffeinated Energy Drinks <http://www.hc-sc.gc.ca/fn-an/prodnatur/caf-drink-boissons-eng.php> Accessed September 28, 2017
- 7) Health Canada Caffeine in Food <http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/food-caf-aliments-eng.php> Accessed September 28, 2017.

SUBSTITUTIONS TO DECREASE SUGAR & INCREASE FIBRE

Beverages

- ♥ replace flavoured/specialty coffee or tea drinks with unsweetened coffee, regular or herbal tea; try sugar-free flavourings such as almond/vanilla extract or cinnamon
- ♥ dilute chocolate/flavoured milk with regular lower-fat milk
- ♥ use smaller amounts of flavoured powder/syrup if making flavoured milk at home
- ♥ replace a pop or energy drink with water and added fruit slices for flavour, carbonated water with a splash of fruit/lime/lemon juice, or lower-fat milk
- ♥ replace fruit cocktails, nectars, or punches with reduced-sugar versions or fruit juice and mineral water spritzer
- ♥ eat whole fruit instead of fruit juice



Cereals & Breads

- ♥ instead of sweetened cereal, choose higher fibre whole grain cereals with no added sugar; or mix a small amount of sweetened cereal with higher fibre whole grain cereal with no added sugar
- ♥ replace sweetened instant oatmeal with unsweetened oatmeal plus added fruit and/or chopped nuts or cinnamon
- ♥ choose higher fibre whole grain bread products over white flour versions



Fruit & Vegetables

- ♥ Replace fruit canned in syrup, fruit snacks or fruit leather with
 - fruit canned in water or juice
 - fresh fruit
 - unsweetened frozen fruit
 - ¼ cup of dried fruit with no added sugars
- ♥ Eat fruit with edible skins rather than peeling them
- ♥ Replace mashed potato with medium baked potato with skin
- ♥ Include at least two servings of vegetables with lunch and dinner



Sauces, Jams & Dips

- ♥ Instead of pre-packaged sauces and condiments, try
 - homemade sauces made with less added sugars for stir-fries, salad dressings, and marinades
 - reduced sugar versions of pre-packaged sauces
- ♥ Choose peanut or other nut butters instead of jam
- ♥ Choose dips such as hummus or guacamole

Snacks

- ♥ Sweet and salty snacks can be replaced with
 - plain air popped popcorn with added low sodium seasonings
 - homemade trail mix without added chocolate or candies
 - handful of unsalted nuts and seeds
- ♥ Choose plain, lower-fat yogurt with added fresh or frozen fruit
- ♥ Make a homemade yogurt smoothie with fruit
- ♥ Choose whole fruit



Sweet Desserts

- ♥ Try a smaller amount of your sweet dessert and add some fruit or unsweetened yogurt
- ♥ Make a homemade dessert with 25% less sugar
- ♥ Choose plain, lower-fat yogurt with added fresh or frozen fruit
- ♥ Split your dessert with someone else
- ♥ Enjoy fruit on its own



Reference: Reducing sugar and increasing fibre tips – Dietitians of Canada - PEN – 2016