



I wonder how many of you have heard a series on BBC Radio 4 called 'Just One Thing' presented by Dr Michael Mosley? It's been a really interesting series of programmes on how you can improve your health and wellbeing by committing to some small changes that shouldn't take too much time or effort.

One of the programmes that stood out for me was called 'Drink Water' and we're going to explore this topic in this month's newsletter.

With very best wishes from, Hannah and the Project Food team

Focus on...Drinking Water

Did you know that our bodies are made up of 60% water and our brains 90%?

Even a 1–2% loss of water can cause:

- A lack of concentration and energy
- Headaches
- Tiredness
- Dizziness
- Confusion

And more serious dehydration can start to affect your kidney function which will affect your body's ability to remove waste products, potentially leading to problems like urinary tract infections and kidney stones.

So you can see why staying hydrated is so vital for good health.

How to tell if you're not drinking enough

There are several studies suggest that some of us aren't. Adult men should be drinking about 2l and adult women about 1.6l per day. That might seem like a lot, but things like tea and coffee (not too much though!), milk and fruit juice count too.

There are a couple of ways that can help us tell if we're drinking enough fluid. One is the colour of your pee. It should be pale straw colour or clear. If it's dark yellow or orange you need to drink more. It's also worth keeping an eye on how often you need to pee—about right is 5 to 7 times a day. Any less than that means you could be dehydrated.



Did you know..?

- A medium glass holds about 200ml of water and a mug around 250ml.
- Thirsty? You've already started to dehydrate, so drink something quickly!

And what about drinking more water?

A great way to do this, as suggested by Michael Mosley on his radio show, is to build it into your daily routine. This is in fact a great tip for anything new we want to introduce—so much of succeeding at things like this is making it habit!

So try to drink a glass of water with every meal. This means you will have automatically added about 600ml to your daily intake, and it's a quick and easy way to do it.



Top tips for increasing your fluids..

- Add some lemon to your water, slices or juice, if you find the plain drink a little boring.
- Eat soup (see recipe below) - soups contain a good levels of water.
- Fresh and crunchy fruit and veg make a refreshing snack and have a high water content.

Roasted Butternut Squash Soup

Serves 4

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 celery stick finely chopped
- 1 carrot finely chopped
- 1 garlic clove, chopped
- 700g/1.5lb squash, cut into 3cm chunks
- 1.1 litres/2 pints low salt chicken or vegetable stock/water
- ½ tsp. ground cumin, coriander and paprika



Serve with a sprinkling of seeds and a wholemeal roll or slice of bread.

Method

1. Peel and cube the squash. Roast in the oven for 20 minutes at 180C. If you don't want to use the oven you can also cook this on the hob—just add the cubed squash to the pan after you've fried the onion, carrot and celery.
2. Heat oil and fry the onions, celery, carrot and garlic gently until soft.
3. Add the cumin, coriander and paprika and cook while stirring for another minute or so.
4. Add the roasted squash and stir.
5. Add the stock or water, bring to the boil, reduce the heat and simmer for 15 minutes or until the squash is tender.
6. Blend, adding more water/stock if needed. Season with black pepper to taste.
7. To make the toasted seeds for the top, add sunflower and pumpkin seeds to a dry frying pan. Cook on a high heat until they start to pop. You will need to toss the seeds to ensure they don't burn.
8. Serve in a bowl and add a sprinkling of toasted seeds to the top.