



'Just One Thing', presented by Dr Michael Mosley, is a BBC radio series (many episodes available on BBC Sounds) about how you can improve your health and wellbeing by committing to some small changes that shouldn't take too much time or effort.

The beautiful weather of the last two weeks has reminded me of one of the episodes - 'Drink Water' - a programme which not only reminds us of why water is so important, but also gives hints and tips about exactly **how** to drink enough! Read on for my newsletter edit of the programme.

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

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## 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, particularly those made from veg such as cucumber, contain a good levels of water.
- Fresh and crunchy fruit and veg make a refreshing snack and have a high water content.

## ***Cucumber Soup***

***Serves 4***

### ***Ingredients***

400g cucumber

1 medium potato

Small bunch spring onions

A small lettuce or a selection of leaves –little gem, round, cos

1 tsp butter or olive oil

850ml low salt vegetable stock

***This soup is a great way of using up lettuce leaves that are looking a bit tired.***



### ***Optional***

Natural yoghurt to serve—this will add a creamier finish

Small bunch chives and/or mint, chopped

### ***Method***

1. Cut your cucumber into chunks—no need to peel—and peel your potato and cut into chunks too.
2. Trim and slice your spring onions and roughly shred your lettuce leaves.
3. Heat the butter or oil in a large pan and add all of the prepared vegetables, stir well and then place over a low heat with a lid on.
4. Then add the stock, season, stir and bring it up to a gentle simmer. Put the lid back on so it can simmer gently for another 20 minutes or so.
5. Blend the soup with a liquidiser or hand held blender and stir through the yoghurt and herbs, if using.
6. You can then either eat straight away, warm, or, in the warmer weather, chill for a more refreshing soup!