

TIPS TO MAKE DRINKING WATER A HABIT

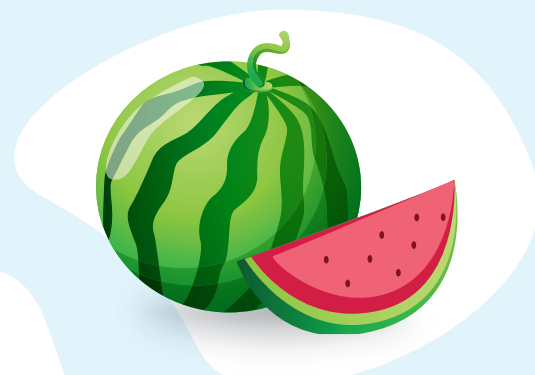
MIXED MELON MELODY

INGREDIENTS:

- 1 slice cantaloupe, cut into cubes
- 1 slice watermelon, cut into cubes
- 1 slice honeydew, cut into cubes
- Ice
- Water

DIRECTIONS:

- Add the ingredients to a glass jug
- Add water and chill



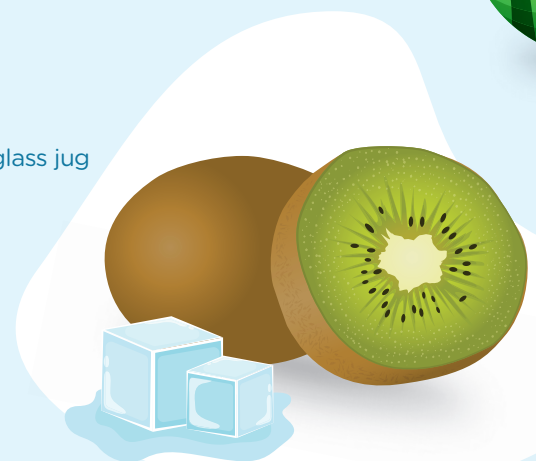
KIWI COCKTAIL

INGREDIENTS:

- 3-4 ripe kiwi
- Ice
- Water

DIRECTIONS:

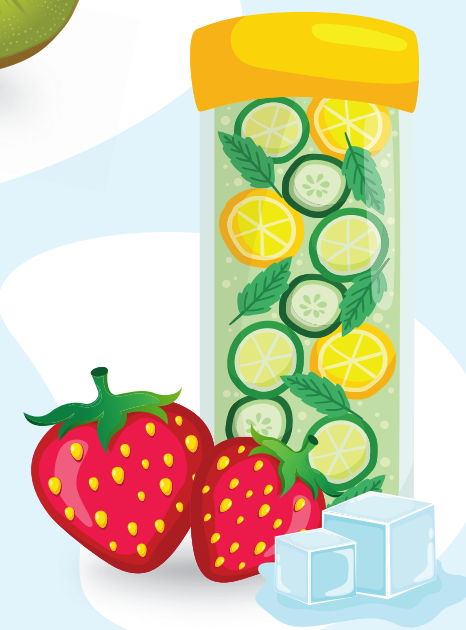
- Peel and thinly slice the kiwi (or crush for more flavour)
- Add the kiwi slices to a glass jug
- Add the ice and water
- Refrigerate for an hour



ORANGE, STRAWBERRY & MINT FANTASY

INGREDIENTS:

- Fresh mint leaves
- A handful of sliced strawberries



- ½ an orange, sliced
- Water

DIRECTIONS:

- Place all the fruit and mint leaves into a glass jug
- Fill the glass jug with water
- Seal the jug and leave in the fridge

PINEAPPLE AND GINGER COMBO

INGREDIENTS:

- Crush a handful of pineapple pieces for a sweeter taste
- 2cm ginger, thinly sliced
- Some ice cubes
- Water.

METHOD:

- Add the pineapple and ginger to a glass jug
- Fill glass jug with water and refrigerate
- Serve over ice



MORE SIMPLE IDEAS

- Cucumber + Lime
- Watermelon + Honeydew + Mint
- Lemon + Raspberry + Rosemary
- Lemon + Oranges + Cucumber
- Orange + Cinnamon + Cloves
- Pear + Fennel



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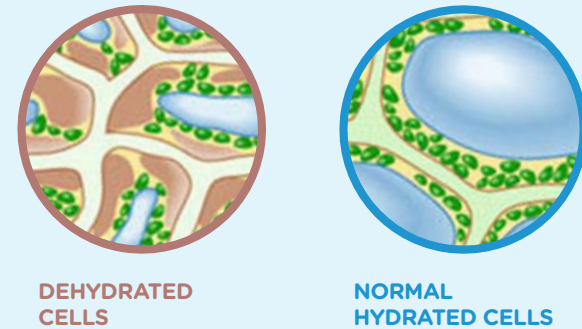
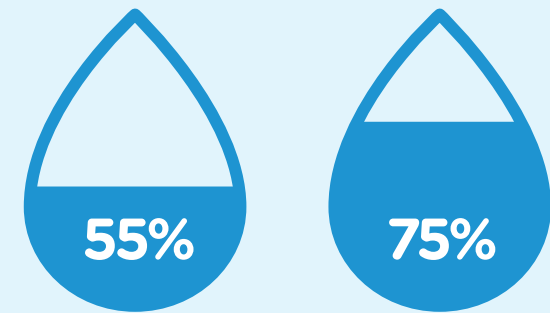
THINK BEFORE YOU DRINK

I'LL JUST HAVE WATER...THANKS!



BETWEEN 55% AND 75% OF THE BODY IS MADE OF WATER!

Water is needed by all the cells and organs in the body in order for them to function properly. Without the regular consumption of water, the body becomes dehydrated. Drinking water should be part of good, healthy living habits.



DRINK WATER FREQUENTLY THROUGHOUT THE DAY

It is recommended to drink a minimum of eight glasses of water a day, equivalent to around 2 liters of water. Drink more water:



- ON HOT DAYS
- IF YOU ARE DOING ANY PHYSICAL ACTIVITY OR ANY OTHER TYPE OF ACTIVITY
- WHEN RUNNING A FEVER
- WHEN SUFFERING FROM DIARRHOEA OR VOMITING

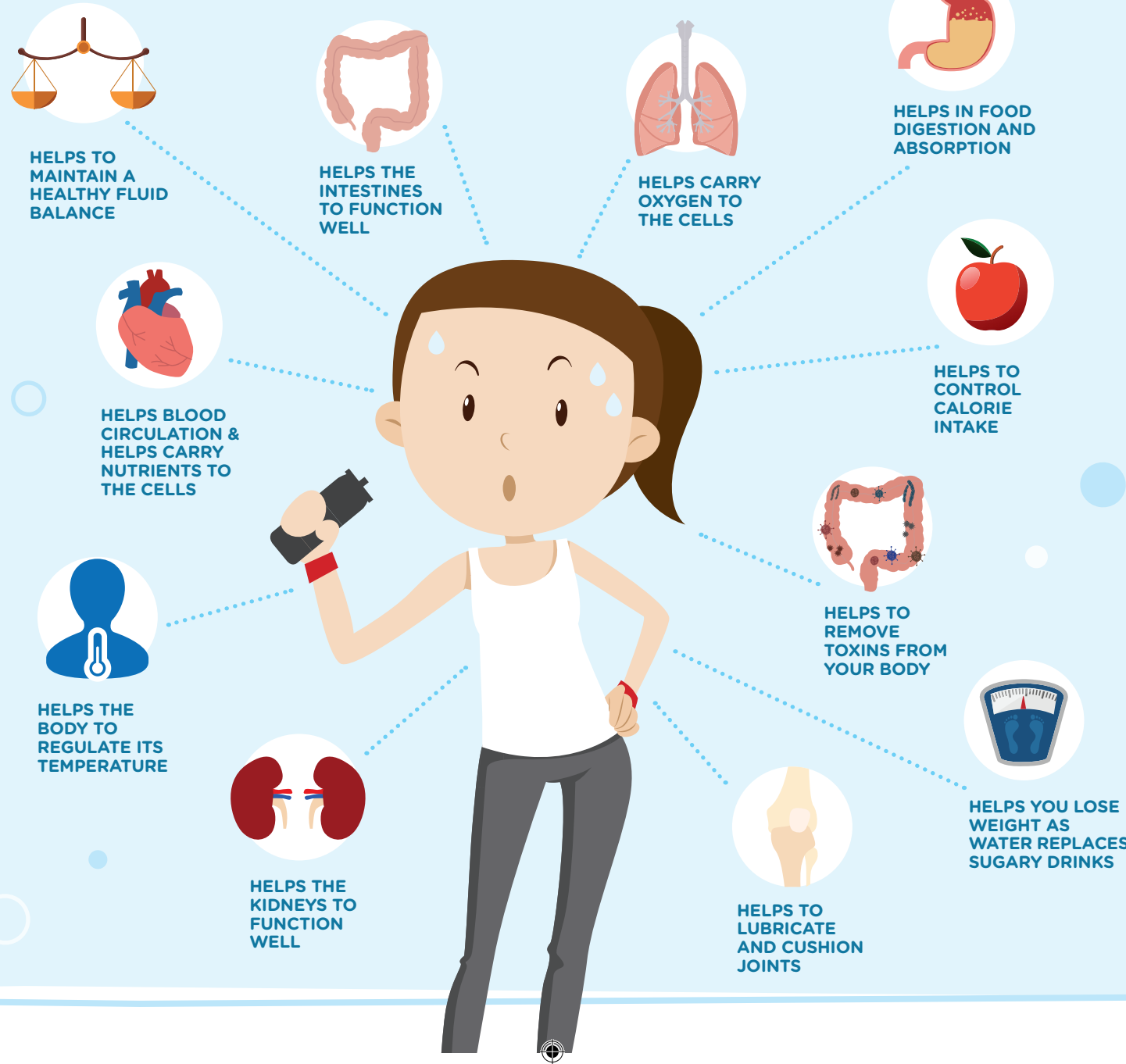
Pay attention to the colour of your urine; it should be colourless and odourless.

WHEN YOU DRINK ENOUGH WATER, YOU ARE PREVENTING THE BODY FROM DEHYDRATING.

Symptoms of dehydration include:

- DRY OR STICKY MOUTH
- LACK OF ENERGY
- HEADACHES
- URINE WHICH IS PASSED IN SMALLER AMOUNTS, LESS FREQUENTLY AND IN A DARKER COLOUR

THE BENEFITS OF WATER



TIPS TO MAKE DRINKING WATER A HABIT

- Start your day by drinking one or two glasses of water.
- Drink water with every meal.
- Choose water when eating out.
- Carry a bottle of water wherever you go.
- Keep water on your desk at work to remind you to drink.
- Remind yourself to drink water regularly throughout the day by placing a reminder where you can see it or by setting an alarm on your mobile phone.
- When you feel like a snack, try drinking water first.
- Place a full jug of water on the table during meals, and allow children to fill their own glass with water.
- Add fresh aromatic herbs, fruit or vegetables to water for a refreshing taste.
- Eat water based fruit and vegetables.

For those who suffer from certain chronic diseases, consult your doctor about your water intake.

SOME USEFUL TIPS TO FLAVOUR WATER

- Lime, lemon or oranges: Sliced or halved. Flavour water immediately. Remove after 4 hours and replace as the citrus peel can make water taste bitter.
- Cucumber, kiwi and melons: Flavour water immediately.
- Strawberries: Sliced or halved.
- Mint or basil: Tear or crush leafy herbs with a wooden spoon to release their oils. Mint flavours water immediately.
- Apples, pineapples or hard fruits : Slice very thinly because they take longer to release flavours.

- Ginger root: Crush fibrous ginger root. Ginger needs an overnight soak in the fridge to release flavour or boil in water.
- Cinnamon, and rosemary: Soak overnight in the fridge.
- Ground or whole cloves: Boil in water. Drink hot or cold.

METHOD

- Wash herbs, fruit and vegetables thoroughly and leave with peel on.
- Add one or more of the ingredients above according to your preference.
- Cut ingredients into small pieces and add to water.
- Leave for an hour in the refrigerator to allow infusion.
- Top up with more water as required.
- Discard mixture after 24 hours.

