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## *Guideline 8:*

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# **Sip Smart & Snack Wise: Hydration and Healthy Eating Made Simple**

### **Hydration—Your Body's Daily Fuel**

#### ◊ Why Water Matters

- Regulates body temperature, supports digestion, and flushes out toxins.
- Dehydration affects mood, concentration, and physical performance.

#### ◊ Daily Fluid Goals

- Adults: 8–10 glasses/day (2–2.5 liters)
- Children: Adjust based on age and activity
- Include plain water, buttermilk, coconut water, lemon water, and herbal teas.

#### ◊ Smart Hydration Tips

- Carry a reusable bottle and sip throughout the day.
- Start your morning with a glass of water.
- Add fruit slices or herbs for flavor without sugar.

### **Choose Fluids Wisely**

#### ◊ Hydration Heroes

- Water-rich fruits: watermelon, cucumber, oranges
- Unsweetened beverages: lemon water, barley water, herbal infusions

#### ◊ Hydration Hazards

- Avoid sugary sodas, packaged juices, and energy drinks.
- Limit caffeine—it can dehydrate if consumed excessively.



## HFSS & UPFs—Know What to Limit

### ❖ What Are HFSS & UPFs?

- HFSS: Foods high in fat, sugar, and salt—like chips, sweets, fried snacks
- UPFs: Ultra-processed foods with additives, preservatives, and little nutritional value

### ❖ Why Limit Them?

- Linked to obesity, diabetes, heart disease, and poor gut health
- Often displace healthier, nutrient-rich foods in the diet

### ❖ Label Literacy

- Watch for hidden sugars (glucose, fructose), trans fats, and sodium
- Choose products with fewer ingredients and no artificial additives

## Smart Swaps for Everyday Eating

### ❖ Better Choices

- Soda → Sparkling water with lemon
- Ice cream → Frozen banana blend
- Packaged snacks → Roasted chana or nuts
- Sweetened cereal → Oats with fruit
- Bakery items → Homemade millet muffins

### ❖ Behavioral Tips

- Don't stock HFSS foods at home—out of sight, out of mind
- Practice mindful eating and portion control
- Educate children early through games and visuals

## Daily Checklist & Tracker

### ◊ Quick Reference Table

Action	Goal	Tip
<i>Water intake</i>	8–10 glasses/day	Use a refillable bottle
<i>HFSS consumption</i>	≤1–2 times/week	Replace with whole foods
<i>UPF avoidance</i>	Choose minimally processed	Read labels carefully
<i>Beverage choice</i>	Natural over processed	Coconut water, lemon water
<i>Snack control</i>	Whole over packaged	Keep fruits & nuts handy