

# HOW MUCH IS TOO MUCH

**Moderation is key, especially when it comes to our daily diet. Here's a lowdown of the following fluids you thought were good or bad for you!**



## Green Tea

Green Tea is good for weight management and is an excellent preventive measure for cancer. However, like coffee, drinking more than five cups a day can give you headaches, dizziness and sleep problems. Pregnant ladies, take note: excessive intake of caffeine can lead to neural birth defects.



## Eight glasses of water

Do we really need to drink eight glasses of water everyday as some dieticians have recommended?

Based on the British Journal of Sport Medicine released in 2013, the current hydration guidelines are erroneous. Drinking too much water can dilute the sodium levels in our body, causing hyponatraemia.



## Sports Drinks

Sports drinks help to replace electrolytes and lost during strenuous activities. However, when we are not exercising, the extra sugar and sodium in these drinks can add to your daily intake of sodium and sugar intake. So remember, when it comes to hydration, nothing beats plain cold water.

