



Food to quench your thirst

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

Tkacheva Natalya, herbalist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Abstract. Every person experiences a strong feeling of thirst at some point. It can appear not only in summer, but also in winter, especially if it is preceded by intense physical activity. As a rule, drinking a glass of water is enough to get rid of it. It will help replenish lost fluid in the body, the lack of which causes such sensations. But what if you don't have it at hand?

Key words: food for thirst, recommendations, benefits, harm, beneficial properties, contraindications

The role of water in the human body

Doctors say that you should never ignore the feeling of thirst. The human body is almost 60% water. She also takes an active part in many processes occurring in it and is responsible for the normal functioning of all organs.

In addition, it is water that regulates the human body temperature, helps neutralize toxins, ensures the transport of nutrients and oxygen to cells, and also takes care of the health of tissues and joints. Lack of water causes hypotension, imbalance of electrolytes, or minerals such as potassium, calcium, sodium and others, cardiac arrhythmia and deterioration of brain function. [1]

How much fluid does a person need?

Experts from the Mayo Clinic (the largest association of multidisciplinary clinics, laboratories and institutes) claim that under normal conditions, "every day the human body loses up to 2.5 liters of fluid through breathing, sweating, urination and bowel movements. In order for these losses not to affect its functioning, it must be replenished." This is why nutritionists advise drinking up to 2.5 liters of water per day.

According to research by the Institute of Medicine in the USA, 20% of water in the body comes from food. In order to get the remaining 80%, you need to drink various drinks or eat certain vegetables and fruits with a high water content.

In some cases, a person may need up to 7 liters of water per day, namely:

- When playing sports or staying in the sun for a long time;

- For intestinal disorders;
- At high temperature;
- For menorrhagia, or heavy menstruation in women;
- With various diets, in particular protein diets.

Causes of fluid loss

In addition to the above reasons for moisture loss, scientists have named several more. Some of which are surprising, to say the least:

- Diabetes. The course of this disease is accompanied by frequent urination. This is explained by the fact that at some point the kidneys cannot cope with the load, and glucose leaves the body.
- Stress. In scientific terms, excessive activity of stress hormones reduces the level of electrolytes and fluid in the body.
- Premenstrual syndrome (PMS) in women. According to Robert Kominiarek, a board-certified family physician in Ohio, USA, “PMS affects the levels of the hormones estrogen and progesterone, which in turn affect fluid levels in the body.”
- Taking medications, especially to stabilize blood pressure. Many of them have a diuretic effect.
- Pregnancy and, in particular, toxicosis.
- Lack of vegetables and fruits in the diet. Some of them, for example, tomatoes, watermelons and pineapples, contain up to 90% water, so they take an active part in replenishing fluid loss in the body.

Top 17 products to replenish fluid in the body

1. Watermelon. It contains 92% liquid and 8% natural sugar. In addition, it is a source of electrolytes such as potassium, sodium, magnesium and calcium. Along with this, thanks to its high levels of vitamin C, beta-carotene and lycopene, it protects the body from the harmful effects of ultraviolet rays. [1]
2. Grapefruit. It contains only 30 kcal and is 90% water. In addition, it contains special substances - phytonutrients. They are able to cleanse the body of toxins and reduce the risk of developing cancer cells.
3. Cucumbers. They contain up to 96% water, as well as electrolytes such as potassium, calcium, magnesium, sodium and quartz. The latter is incredibly beneficial for muscle, cartilage and bone tissue. [2]
4. Avocado. It contains 81% liquid, as well as 2 main carotenoids - lycopene and beta-carotene, which have a positive effect on the general condition of the body. [3]
5. Cantaloupe, or cantaloupe. At 29 kcal it contains up to 89% water. In addition, being an excellent source of energy, it speeds up metabolism and normalizes blood sugar levels.
6. Strawberry. It contains only 23 kcal and contains 92% water. It has excellent antioxidant properties and also takes an active part in regulating blood sugar levels. [4]
7. Broccoli. It is 90% water and has antioxidant and anti-inflammatory properties. In addition, it contains the most important electrolyte - magnesium, which normalizes the functioning of the cardiovascular system. [5,6]
8. Citrus. They contain up to 87% water and a huge amount of vitamin C.
9. Lettuce salad. It is 96% water.
10. Zucchini. It contains 94% water and also helps improve digestion. [7]
11. Apple. It contains 84% water and a huge amount of electrolytes, especially iron. [8]
12. Tomato is 94% water and contains a huge amount of nutrients and antioxidants. [9]

13. Celery. It consists of 95% water and improves the functioning of the cardiovascular system and gastrointestinal tract, as well as slows down aging and calms the nervous system.
14. Radishes are 95% water. [10]
15. A pineapple. It is 87% water. [eleven]
16. Apricot. It contains 86% water. [12]
17. Soft drinks – tea, water, juices, etc. [13] Research published in the journal *Medicine & Science in Sports and Exercise* in 2008 found that “cyclists who drank soft drinks before and during exercise exercised 12 minutes longer than those who preferred warm.” This is explained by the fact that such drinks lower body temperature. As a result, the body has to put less effort into performing the same exercises.

In addition, vegetable soups and yogurts will help replenish lost fluid. Moreover, they also have a number of beneficial properties, in particular, they improve digestion and increase immunity.

Foods that contribute to dehydration or dehydration

- Alcoholic drinks. They have diuretic properties, so they quickly remove fluid from the body. However, drinking a glass of water after each dose of alcohol will help avoid a hangover and its negative effects on the body.
- Ice cream and chocolate. The huge amount of sugar they contain encourages the body to use maximum fluid to process it, and, accordingly, dehydrates it.
- Nuts. They contain only 2% water and a huge amount of protein, which leads to dehydration of the body.

Literature

1. Eliseeva, T., & Tarantul, A. (2019). Watermelon (lat. *Citrullus lanatus*). *Journal of Healthy Eating and Dietetics*, 3 (9), 44-56. DOI: 10.59316/.vi9.50
2. Eliseeva, T., & Tarantul, A. (2018). Cucumber (*Cucumis sativus*). *Journal of Healthy Eating and Dietetics*, (5), 21-30. DOI: 10.59316/.vi5.23
3. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. *Persēa americana*). *Journal of Healthy Eating and Dietetics*, 4 (10), 63-75. DOI: 10.59316/.vi10.58
4. Eliseeva, T., & Tarantul, A. (2019). Strawberry (lat. *Fragária*). *Journal of Healthy Eating and Dietetics*, 2 (8), 38-51. DOI: 10.59316/.vi8.42
5. Eliseeva, T. (2022). Benefits of broccoli: Top 10 proven beneficial properties. *Journal of Healthy Eating and Dietetics*, 2 (20), 24-28. DOI: 10.59316/.vi20.172
6. Eliseeva, T., & Yampolsky, A. (2020). Broccoli (*Brassica oleracea* Broccoli Group). *Journal of Healthy Eating and Dietetics*, 1 (11), 12-25. DOI: 10.59316/.vi11.62
7. Yampolsky, A., & Eliseeva, T. (2019). Zucchini (lat. *Cucúrbita pépo*). *Journal of Healthy Eating and Dietetics*, (10), 26-36. DOI: 10.59316/.vi10.55
8. Tkacheva, N., & Eliseeva, T. (2021). Apples - benefits and harms proven by nutritionists. *Journal of Healthy Eating and Dietetics*, 3 (17), 84-88. DOI: 10.59316/.vi17.130
9. Eliseeva, T., & Tkacheva, N. (2018). Tomatoes (*Solánum lycopersicum*). *Journal of Healthy Eating and Dietetics*, (3), 31-40. DOI: 10.59316/.vi3.15
10. Eliseeva, T., & Tarantul, A. (2019). Radish (lat. *radix*). *Journal of Healthy Eating and Dietetics*, 3 (9), 13-24. DOI: 10.59316/.vi9.47
11. Eliseeva, T., & Tarantul, A. (2018). Pineapple (lat. *Ananas comosus*). *Journal of Healthy Eating and Dietetics*, 4 (6), 55-66. DOI : 10.59316/.vi6.32
12. Yampolsky, A., & Eliseeva, T. (2020). Apricot (lat. *Prunus armeniaca* Lin.). *Journal of Healthy Eating and Dietetics*, (12), 60-70. DOI: 10.59316/.vi12.75

13. Eliseeva, T., & Shelestun, A. (2019). Catalog of drinks (60+) – description, useful and dangerous properties of each. *Journal of Healthy Eating and Dietetics*, (8). DOI : 10.59316/j.edpl.2018.8.8

[The HTML version of the article](#) is available on the edaplus.info website.

Food to quench thirst

Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

Tkacheva Natalia, phytotherapist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Received 06/10/2020

Abstract: Everyone feels thirsty at some point. It can appear not only in summer, but also in winter, especially if it is preceded by intense physical activity. As a rule, in order to get rid of it is enough to drink a glass of water. It will replenish the lost fluid in the body, the lack of which causes such sensations. But what to do if it is not at hand?