

Keeping hydrated in the heat

This article was given to us by the <> TEA COUNCIL

In the current hot weather it's more important than ever to keep hydrated. However, it is not only water that counts towards your daily fluid requirement – tea does too.

Approximately 40% of the British fluid intake comes from tea and a cup of tea is 99.5% water. Due to the volume of fluid that is drunk whilst enjoying a cup of tea, the Food Standards Agency and the British Dietetic Association both advise that tea can help towards meeting daily fluid requirements.

It is a common misconception that during extremely hot weather tea should be avoided as a fluid replacement due to the supposed action of caffeine. In fact tea does not have a diuretic effect unless the amount of tea drunk equals 7 cups in one sitting.

In hot weather tea refreshes you by gently raising the body temperature momentarily, causing mild perspiration, which cools the skin. This is why in India, where temperatures are currently between 38C and 40C, people are queuing up to enjoy a refreshing drink of tea!

About 70% of the UK population drinks tea on a regular basis and they will be pleased to know that drinking 3-4 cups of tea a day can make a positive contribution to the body's hydration status, helping to promote health and well being.