

Hydrate for Good Health



Kia ora koutou,

Did you know that about 60% of your body is water? That's around 35-45 litres in an average-sized adult, or about half a bathtub full. Water is important because it helps us absorb and digest food, transports oxygen, hormones and nutrients in our blood, helps us to regulate our body temperature and have regular bowel motions.

As adults we need between 2.1 and 2.6 litres of fluids a day, which is equivalent to 8-10 cups. Children usually need less due to the smaller size of their bodies, but the amount they need increases as they grow. While plain water is the best option for hydration, other drinks such as tea and coffee replenish our body too.

Water within food makes up about 20% of our daily fluid intake. Fruits and vegetables like tomato, cucumber, and pumpkin contain up to 90% water! They can supplement our fluid intake while providing valuable nutrients and fibre.

A hearty and delicious soup is the perfect lunch or dinner option for cold and chilly days. This soup has pumpkin, onion, garlic, and potato, it's easy to make and budget-friendly too.

Pumpkin soup (serves 6)

- 1kg pumpkin, peeled and chopped
- 1 large potato, peeled and chopped
- 1 large onion, finely chopped
- 1 clove garlic, finely chopped
- 4 cups water
- 3 teaspoons vegetable (or chicken) stock powder
- 1 tin Mexican-spiced tomatoes

1. Add onion and garlic to pot with a little oil. Fry until onion is cooked, but not brown.
2. Add pumpkin, potato, water and stock powder.
3. Bring to the boil and simmer for about 15 to 20 minutes or until vegetables are very soft and mushy.
4. Remove soup from heat.
5. Add canned tomatoes.
6. Using a stick blender or potato masher, blend the soup until it is smooth.
7. Reheat until bubbling.
7. Serve with toasted wholegrain bread.

Ngā mihi nui,
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