



DRINK MORE HEALTHILY, FEEL BETTER.

The Big Drinks Guide.



With helpful
tips &
overviews

Healthy drinking!

Probably the simplest way to boost your energy levels, improve your concentration and curb your appetite: drink more! Too many people underestimate the positive effect water has on the body and on their own well-being. So it's time to take a closer look at the body's fluid balance and find out which drinks can easily help you feel better.

Water – The foundation of our lives.

Without fluid (water), nothing happens in our bodies. More than half of our bodies consist of water, and it is a component of all our body's cells and fluids. Our brain and nervous system, in particular, have a very high water content – 85 per cent and 98 per cent respectively – which shows just how important it is for their functioning. However, water also performs numerous other functions in the body:

- It is our most important means of transport: water flushes toxic substances out of our bodies and carries vitamins, trace elements and oxygen to every one of our cells.
- It supports our metabolism and digestion.
- A balanced fluid balance stabilises our cardiovascular system.
- It cushions the joints.

Even a 2 per cent loss of body fluids can lead to reduced physical and mental performance, headaches and tiredness. Moreover, a growing number of long-term studies have shown that low water intake over many years can contribute to the development of migraines, circulatory and digestive problems, depression and even degenerative diseases.



Drinking enough fluids is a basic need of our body that is easy to meet.

This is how much water you should drink – our recommended intake:

30 ml per kilogram of body weight per day.
For a body weight of 65 kg, this would result in a daily fluid intake of: $65 \text{ kg} \times 30 \text{ ml} = 1.95 \text{ litres}$.

In very hot weather or during physical activity, of course, the amount is higher. Overweight people should use their normal weight as a reference.

Children have a higher water requirement relative to their body weight. The NHS recommends:

- **1 to 6 years: approx. 1.0 litres per day**
- **7 to 11 years: approx. 1.5 litres per day**
- **12 to 14 years: approx. 2.0 litres per day**

When is the best time to drink?

It is not just the amount of fluid that matters; the timing also plays a role. The body cannot absorb more than 750 ml of fluid per hour. So if you drink hardly anything throughout the day and then suddenly drink large amounts in the evening, you will not absorb some of it at all and will feel the need to urinate more frequently during the night. It is better to spread your fluid intake throughout the day.

One litre in the first half of the day and the second litre by 7 pm is a good guideline. If you hardly feel thirsty, try to drink a glass of water at least every two hours.



Should I drink even if I'm not thirsty?

Young, healthy people can normally rely on their sense of thirst. However, high levels of stress and a busy schedule can suppress this sensation. As we get older, the sensation of thirst diminishes, which is why many older people do not drink enough and become dehydrated more quickly due to often increased water loss via the kidneys. In addition, certain medicines have a diuretic effect. People with health conditions, such as kidney problems, should also not rely on their sense of thirst.



It's best to drink regularly throughout the day, rather than waiting until you feel very thirsty.

Young children often do not yet feel very thirsty and can become dehydrated quickly because of their small size. Parents should therefore take particular care to ensure that their children drink regularly and that there is always a drink to hand.

This raises the question of which drinks can be used to maintain a healthy fluid balance.

What should I drink?

Putting drinks to the test.

Water

Water is, without a doubt, the healthiest thirst-quencher. This low-calorie, flavourless option is the simplest way to keep the body hydrated. Yet many people ask themselves: which water is the healthiest? Is it tap water? Or is it better to opt for mineral water after all? It's often said that mineral water is the 'purer' option and the better choice for supplying the body with minerals. But which is actually true?

Which water is the healthiest?

First things first: all water – provided, of course, that it contains no residues – is healthy and equally beneficial for the body. The claim that mineral water contains significantly more minerals than tap water is not always true, as tests by Stiftung Warentest¹ have shown: half of all mineral waters were low in minerals, and only just under a third contained significant amounts. You can quickly check this by looking at the label. From Stiftung Warentest's perspective, mineral water is therefore often overrated; it is no better than tap water, yet considerably more expensive.

As well as mineral content, there are other factors we should take into account when choosing our water. Depending on where you live and your personal preferences, tap water may be best for some people, whilst mineral water may be best for others. Find out which is the best option for you: using the table below the table provides a brief guide to help you decide, as well as an overview of different water sources.

Water from glass or plastic bottles?

Studies have repeatedly shown that substances from plastic bottles leach into the water. These are residues that can act like hormones. In some cases, you can even taste the substances leaching from the plastic into the water. This is not the case with glass bottles so a glass bottle is preferable.

Should I filter my water?

Consumer protection organisations tend to advise against using filters, as germs can quickly build up in the filter and then end up in the water. This can be prevented by changing the filters frequently and not leaving the water to stand in the container for too long. The drinking water filter also removes calcium and magnesium from the water. This makes the water softer and also changes its taste.

Our recommendation:

Choose your preferred source and drink as much water as you like. A litre a day is the minimum; **30 ml per kilogram of body weight** daily is even better.

¹ A consumer organisation that tests goods and service in Germany



Different water sources and their distinctive features.

Mineral water

- Usually comes from springs deep underground, protected from contamination
- Naturally contains minerals, the levels of which vary greatly from spring to spring
- 'Natural mineral water' must be bottled directly at the source

Spring water

- Natural water extracted from underground sources
- May only be bottled at the source
- Unlike natural mineral water, it does not require official recognition or a licence for use

Table water

- Treated water from groundwater, rivers, springs and lakes
- May be enriched with various ingredients (such as natural brine, seawater or sodium chloride)

Tap water

- Sourced from groundwater and/or surface water and then thoroughly treated
- Strictly monitored
- Always available and affordable
- Varies in hardness depending on the region

Tea

A cup of freshly brewed tea is the epitome of relaxation, and thanks to its valuable nutrients, such as vitamins and minerals, it can also have a positive effect on the body. Not to mention its rich and varied flavour profile. It can be mild and floral, but it can also taste full-bodied, spicy and smoky. No wonder, then, that tea is so popular.



Not all teas are the same: an overview of the tea jungle

In everyday language, most drinks made by pouring hot water over something are referred to as tea. Strictly speaking, however, tea is produced exclusively from the tea plant, *Camellia sinensis*. Other infusions, such as fruit, herbal or mate tea, share the same method of preparation as traditional tea – which is why they are also referred to as ‘tea’ – but are not considered ‘genuine’ varieties of tea. The six varieties produced from the tea plant itself are:

- Black tea
- Green tea
- White tea
- Yellow tea
- Oolong tea
- Pu-erh tea

Each of these six varieties tastes different, which is down to the different processing methods used for the tea leaves – much like with wine. So you may well find that you prefer some types of tea to others. Below is a brief overview of the different types of tea and their distinctive characteristics (including tea-like hot drinks).

Is there such a thing as unhealthy tea?

Tea – whether made from the actual tea plant or unsweetened herbal and fruit teas – is a brilliant and healthy way to quench your thirst. However, you should be careful with sweetened teas and, above all, iced teas. These often contain a great deal of sugar. Our tip: Why not make your own iced tea quite easily using tea as a base, fresh fruit and ice cubes?

Our recommendation:

Do you enjoy drinking tea every day?
We recommend:

- up to 2 cups of black or green tea per day
- unlimited unsweetened herbal and fruit teas

The distinctive characteristics of the various types of tea

Black

- Tea with the highest degree of fermentation, which gives it its characteristic dark to reddish-brown colour
- Contains caffeine

Flavour

Depending on the variety (Darjeeling, Assam, Ceylon, etc.): sweet and mild to spicy and tangy, sometimes malty and lemony-fresh

Green

- Unfermented tea
- Rich in vitamins A, B and C, potassium, calcium and other high-quality nutrients
- Contains caffeine

Flavour

Slightly dry, spicy, yet mild and smooth

Matcha

- Green tea that is ground into a fine powder – so you drink the leaves as well
- It therefore contains a wealth of valuable nutrients: minerals, vitamins, antioxidants and amino acids
- Contains caffeine

Flavour

Slightly grassy and earthy-sweet

White

- Low-oxidised tea (around 2 per cent)
- As the leaves are harvested early, they lack chlorophyll, which gives the tea a mild flavour

Flavour

Fresh, slightly sweet

Yellow

- With a fermentation level of up to 20 per cent, it falls between white tea and oolong
- Contains caffeine
- Aids digestion

Flavour

Slightly sweet – reminiscent of chocolate or coffee, with hints of mango, nuts or chestnuts

Oolong

- Made from semi-oxidised tea leaves – the degree of oxidation can range from 10 to 70 per cent
- Contains caffeine

Flavour

Depending on the degree of oxidation:

Less oxidised: delicate, with many floral notes;

More oxidised: with notes of fine wood to slightly fruity and sweet

Pu Erh

- The only tea fermented by microorganisms
- Origin: China (Yunnan Province)
- Contains caffeine

Flavour

Very aromatic, with a slight hint of camphor, herbal notes or floral undertones. Aromas of dried fruit, such as plums, are also often detectable.

Green

- Decaffeinated
- Contains dried fruit, pieces of fruit and plant parts
- Distinctive flavours from spices or flavourings

Flavour

Depending on the fruit: sweet, floral, tart

Herbs

- The main ingredients are dried herbs and other plant parts: roots (ginger, liquorice), flowers (roses, lime blossom) and spices (cinnamon, star anise, cloves)
- Ingredients with soothing properties

Flavour

The flavour depends on the ingredients: spicy and tangy or floral

Mate

- Origin: South America
- Made from the dried leaves of the mate bush
- Contains caffeine
- Flavour depends on the production method

Flavour

Bitter, earthy, smoky, slightly tart

Rooibos

- Origin: South Africa
- As with black tea, the characteristic colour is produced by fermentation

Flavour

Mild yet intense, fruity with a hint of vanilla

Oolong

- Origin: South America
- Rich in beneficial nutrients, such as antioxidants, vitamins and trace elements
- Caffeine-free

Flavour

Slightly earthy with a hint of vanilla



Juices & Smoothies

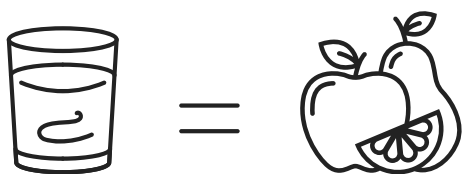
Many fruit juices, juice cleanses and colourful smoothies give the impression that you're doing your body a favour. After all, they're packed with vitamins – but is that really true? Are juices and smoothies really that healthy, or is it just clever marketing?

Fruit juices – just how healthy are they really?

Fruit juices have long been regarded as healthy because they are made from fruit. Whilst they do contain some vitamins as a result, their sugar content is similar to that of fizzy drinks. Depending on the variety, it takes at least three or four oranges to make a glass of freshly squeezed orange juice. In this isolated form – that is, no longer bound to fibre – the sugar enters the bloodstream particularly quickly. An excess of fructose in the body – as is the case, for example, after drinking a glass of fruit juice – leads to the excess fructose being converted into fat, which is stored in the liver and, in the long term, can lead to fatty liver disease.

It's better to eat than to drink

Fruit juices cannot be compared with whole fruit. The fructose they contain is bound to fibre, is less concentrated, and people often eat less of it. After all, you would hardly eat more than two oranges at a time. Nutritionists therefore recommend eating two to three portions of fruit a day rather than drinking a glass of juice.



Smoothies – a health boost or just a fad?

Smoothies differ from fruit juices mainly in terms of their consistency and the proportion of vegetables they contain. The whole fruit and vegetables are processed, resulting in a thick, viscous final product, which is usually diluted with a little water.

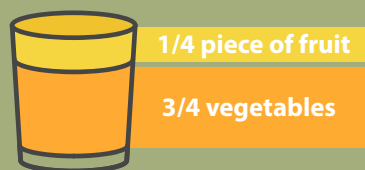
The problem with many smoothies is that, although they do contain vegetables, their generally higher fruit content means they still contain a lot of fructose. **In the Öko-Test¹, most smoothies were found to have a sugar content similar to that of lemonades and cola.** This fructose places a particularly heavy burden on the liver. Therefore, the higher the vegetable content of a smoothie, the healthier it is.

Our recommendations for juices & smoothies:

Dilute fruit juice spritzers as much as possible (a ratio of 3:1 or more) and drink them, for example, with a meal or whilst exercising. Otherwise, we recommend making water or unsweetened tea your main source of fluids. Smoothies are healthier if they consist mainly of vegetables. So make sure the vegetable-to-fruit ratio is 3:1 or higher, and it's best to prepare your smoothies fresh.

Our tip: It's better to make it yourself

You decide what goes in, and micronutrients and phytochemicals are not lost during storage: so it's best to blend your smoothie fresh. A healthy smoothie consists of about three-quarters vegetables and one-quarter fruit. Use organic ingredients where possible and wash them thoroughly with warm water before preparing the smoothie.



¹ Öko-Test is an independent German consumer magazine that tests and evaluates products for ingredients, quality, and potential health or environmental risks.

Soft drinks & diet products

Fizzy drinks, cola, soda – for many people, soft drinks are part of everyday life and they remain among the most popular drinks. Of course, these soft drinks do not have the best reputation. This is down to their high sugar content. Just one can or a large glass can contain more sugar than the recommended daily intake for an adult. In the long term, this can lead to being overweight or even obesity, and can also increase the risk of diabetes.

If one of the biggest problems with soft drinks is their sugar content, are diet drinks a better alternative? Whilst these contain less or no sugar at all, they do contain artificial sweeteners or other sweetening agents. Here too, recent studies show that the consumption of artificially sweetened soft drinks can have an impact on health. However, to truly understand the long-term effects on gut flora and other aspects of health, more long-term studies are needed.

Nutritionists therefore advise against frequent consumption of these soft drinks – whether with or without sugar.

How to wean off fizzy drinks successfully:

Would you like to drink fewer soft drinks and diet drinks, but find it extremely difficult? Experts recommend cutting them out gradually, rather than giving up sugar-laden soft drinks from one day to the next. What's the best way to go about it?

- If you drink several glasses a day, you should, for the time being, limit yourself to drinking them only with your main meals. This can help prevent sharp fluctuations in blood sugar levels.
- If you find this easy, you can dilute your soft drink with sparkling water. To start with, a splash of water will do; afterwards, you can gradually increase the proportion of water. This will help your taste buds get used to a less sweet flavour – without having to give up cola and the like altogether.
- In the next step, you can cut down your soft drinks to just one a day.
- After a few weeks, try to limit yourself to just a few (diluted) soft drinks a week. You'll probably already notice that your cravings are easing. If you do fancy one now and then, feel free to have one – you'll probably only enjoy it diluted now anyway.

Sugar content in soft drinks



=



1 tin (250 ml)
27 grams of sugar

9 sugar cubes

Coffee & milk-based drinks

The Germans' favourite beverage: coffee. On average, each person drinks around 150 litres a year. Whether it's a cappuccino, a latte macchiato or simply black coffee – for many, this caffeinated drink is part of a good start to the day. Is it a good choice, or is a morning coffee not so healthy after all? And what about in the afternoon? Does caffeine affect sleep in the evening?

Caffeine in coffee

A cup of coffee contains between 80 and 120 milligrams of caffeine. This dose typically lasts for four to five hours. Adding milk to coffee can further prolong the duration of the effect, as the fat in the milk delays the absorption of caffeine into the bloodstream.

Pregnant women should not drink caffeinated drinks.

Black coffee and espresso have health benefits. But what about milk-based drinks? Does the milk in a cappuccino or latte macchiato affect the effects of the coffee?

Coffee with milk and the like – just how healthy are they?

To date, there have been very few studies investigating the health effects of adding milk to coffee. However, laboratory experiments have shown that polyphenols in coffee bind to the amino acids in milk, which increases their bioavailability. Consequently, a dash of milk in coffee could actually enhance the antioxidant effects of the polyphenols in the coffee. Furthermore, milk can help to reduce the acidity of the coffee, which is particularly beneficial for people with sensitive stomachs.

It should be noted, however, that milk contains lactose (5 g/100 ml) and therefore also causes a rise in blood sugar levels. The more milk you drink, the greater the rise. So if you want to fast in the morning or avoid a subsequent dip in blood sugar levels, you should drink coffee with milk with meals rather than on an empty stomach.

Our recommendation:

If you like, you can drink up to three cups of coffee a day – preferably in the first half of the day. After all, if you want to avoid disrupting your deep sleep at night and wake up feeling refreshed in the morning, you should stop drinking caffeinated drinks at least six hours before going to bed.

- According to studies, black coffee and espresso can reduce the risk of a whole range of illnesses, including type 2 diabetes, depression and dementia.
- Coffee contains around 1,000 different compounds. Scientists attribute its health benefits primarily to the caffeine and antioxidants it contains.
- Caffeine boosts energy levels and improves motivation, mood and concentration.
- The caffeine content can vary depending on the variety: Robusta contains more than Arabica.
- Instant coffee contains the most antioxidants, followed by filter coffee and then espresso.
- Decaffeinated coffee has a similar positive effect on health.

Try not to drink coffee or other caffeinated drinks during the first hour after waking up, so that your body can fully break down the sleep-inducing adenosine in the morning. This will help you avoid the famous afternoon slump, which often sets in as the effects of caffeine wear off.

Alcoholic drinks

Alcohol remains hugely popular. It is not just at parties and celebrations that people eagerly raise a glass: the average per capita alcohol consumption in Germany stands at ten litres of pure alcohol per year, which is roughly equivalent to 400 bottles of beer or 100 bottles of wine. Whilst very small amounts of alcohol, such as an eighth of a glass of red wine in the evening, were previously considered low-risk, these assessments have now changed.

Medical professionals revise their views on low-risk consumption

An increasing number of medical professionals are now themselves warning against even moderate alcohol consumption. These assessments have changed in light of the latest findings and a closer examination of the results of earlier studies. Even those who drink alcohol only occasionally may increase their risk of various cancers and cardiovascular diseases. Many research institutions and professional bodies, such as the German Centre for Addiction Issues (DHS), the World Cancer Research Fund and the German Cancer Research Centre (DKFZ), are in agreement: the less alcohol you drink, the better.

Are there any 'healthier' varieties?

Of course, the rule here is: the lower the alcohol and sugar content, the better. Red wine also contains many phytochemicals, such as polyphenols.



Enjoy alcohol-free drinks – discover mocktails and more for yourself

Anyone who fancies an alcohol-free drink every now and then no longer has to settle for just water or fizzy drinks. These days, there's an incredible variety of non-alcoholic cocktails and drinks that are every bit as good as their alcoholic counterparts.

What should I drink?

The drinks traffic light



Rarely enjoy

- Soft drinks
- Alcoholic drinks
- Juices
- Fruit smoothies



Moderate quantities

- Fruit juice and soda (1:3)
- Black and green tea
- Coffee and milk-based drinks



Heavy drinking

- Water
- Infused water
- Unsweetened herbal and fruit teas

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