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## Importance of water consumption in a group of young women with overweight and obesity

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**Introduction:** Water consumption is associated with a significant effect on body weight loss because it seems to increase the basal metabolic rate, to suppress appetite before meals and to be associated with adequate dietary habits (high consumption of fruits and vegetables). Thus, water consumption would be important in overweight/obese people who want to lose weight.

**Objectives:** To analyze water consumption in a group of overweight/obese women and its relationship to body weight.

**Method:** 58 women (20 to 35 years) with body mass index (BMI) over 25 kg/m<sup>2</sup> were studied. Diet was registered using a "Food record questionnaire" for 3 days, including a Sunday. Weight and height were measured and body mass index calculated. Physical activity was recorded by a questionnaire activity.

**Results:** Average water consumption was  $1.19 \pm 0.540$  L/day. 70.7% of the women did not reach the recommended 2 L/day. Women with lower water consumption ( $<p50=1.8$  L/day) had higher BMI than those who consumed more than this amount ( $29.96 \pm 3.20$  vs.  $27.82 \pm 2.30$  kg/m<sup>2</sup>). For every 1 mL of water consumed, BMI decreased 0.0021 kg/m<sup>2</sup> ( $R^2 = 0.1479$ ,  $p = 0.0332$ ) considering factor activity and energy intake as covariates.

**Conclusions:** The consumption of water is inadequate in women with overweight and obesity and associated negatively with BMI, so it is advisable to encourage its consumption in this population.

Key words: *water, women, overweight, obesity.*

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## Hydration habits of a group of university students

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**Introduction:** A good hydration has acquired a big importance in recent years. Water is an essential component of nutrition, but there are other kinds of drinks which also contribute to hydration. However, it is important to establish the nutritional profile of different beverages commonly consumed and their contribution to the overall diet.

**Objective:** Determine hydration habits of university students.

**Methods:** Transversal and descriptive study in a sample of 102 nursing students of Autónoma University of Madrid. Water and other liquids intake habits were gathered through an on-line, anonymous and self-filling survey. A descriptive analysis on these data was developed.

**Results:** The 15.7% (16) of the sample were men and the 84.3% (86) women, with an average age of 23 years old and in a range of 20 years. 79.4% (81) were trained in Nutrition. All of them used to drink water on a daily basis, and a 59.8% (61) used to do it systematically several times per day, regardless they were thirsty or not. In relation to the daily consumption of other type of drinks, 13.7% (14) used to drink soft-drinks or energetic beverages, being 36.3 % (37) with sugar and 35.3 % (36) light. Additionally, 76.5% (78) used to drink milk daily, 31.4% (32) coffee and 6.9% (7) infusions. Regarding the quantity consumed, 69.3% (70) used to drink between four and eight glasses of water, 89.2% (91) used to take also a soft-drink, 73.5% (75) a glass of milk, 87.3% (89) a coffee with milk and 89.2% (91) an infusion. On the other hand, only 3% (3) used to drink wine or beer on a daily basis and none of the respondents used to drink alcohol at this frequency. In this case, 38.5% (37) used to drink a can of beer and 50.5% (48) a glass of wine. Among 2% (2) of the students that used to drink alcohol 2 or 3 times per week, 40.2% (41) used drink only one unit. Finally, 38.2% (39) considered they were always well hydrated.

**Conclusions:** Most of the students that have participated in this study, comply with the recommendations on liquid intake for the Spanish population. The drinking of water predominates over other liquids that also contribute to keep the hydration, but which help increasing the energetic content of the diet.

Key words: *Hydration, drinking habits, water, university students.*

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## Calorie reduction in soft drinks during the last 5 years on the Spanish market

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**Introduction:** The soft drink industry has a significant economic and social weight in the world. It's a leader in providing a variety of products in order to improve consumer's choice.

**Objective:** To understand how soft drinks sold in the Spanish market (2,000 references) in the last five years have varied in the number of calories.