



Vanilla-macerated
fruit salad with
cantaloupe granita

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DRINK IT ALL IN

Planning to hydrate more this summer? A giant water bottle might be top of your list, but what's on your plate can be just as important

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From helping to keep you sharp throughout the day to slowing ageing in the long term, staying hydrated has multiple benefits and is one of the simplest and most effective ways to take care of yourself. 'Humans are about 60% water and it's needed for many important functions,' says registered dietitian Jo Travers. 'It helps us transport nutrients and oxygen, regulate our temperature (through sweat), keep cells functioning – including cognition – and keep our blood volume topped up.' It's no wonder gulping the clear stuff has become something of a wellness obsession (some studies have found 85% of us now own a reusable bottle). But experts and research suggest that the government-recommended '6-8 glasses a day' might be overly simplistic.

THE LOWDOWN ON FLUIDS
'This is a useful starting point, but everyone's hydration needs are individual and can shift day to day depending on a few key factors,' says registered nutritional therapist GQ Jordan. 'How much we need to drink depends on our body size and composition. Someone with more muscle mass will generally need more ►

fluid, and your activity levels count, too. If you're training, walking a lot or on your feet all day, you're losing more water through sweat and breath.'

Hot weather, humidity, air conditioning and air travel can be dehydrating, while pregnancy, breastfeeding, illness and certain medications can all affect how much you need to drink, according to the experts. 'Rather than fixating on a specific number, I tend to tell people to watch the signals,' says GQ. 'Pale straw-coloured urine, steady energy and not feeling parched by mid-afternoon are all good signs you're getting enough.'

GET AHEAD

Ideally, drink before you feel thirsty. 'This can be a signal that you're already slightly dehydrated, so it's best to drink steadily across the day rather than waiting until you're gasping,' says Jo. 'That morning glass of water is also very important. We don't drink much at night, if at all, but the body still uses fluid, even when we sleep.' Try making this a non-negotiable daily habit as soon as you wake up – add a squeeze of lemon, or try a cup of herbal tea if water doesn't do it for you first thing.

You'll need to rehydrate more if you're exercising or the weather heats up, particularly if you get hot or sweaty, as this increases fluid loss. 'Dehydration reduces your blood volume, making it thicker, stickier and harder to pump around your body, which can lead to fatigue,' says Jo. Your muscles need water to repair and grow, too. 'Muscle is about 76% water and is hydrophilic – which means it easily attracts and absorbs water needed to transport nutrients and help the metabolic processes needed for muscle contraction. So, hydrating well is crucial if you want to get the most out of your workout and recover properly afterwards.'

Get drinking about 20 minutes before exercise, and sip fluids throughout your session. Water is ideal, but for intense

workouts, you could try coconut water or other drinks with a higher electrolyte content. These are essential minerals, such as sodium, potassium and

magnesium, which help your body manage and use water. They're

lost through sweat, so it can be helpful to top them up.

There are a few signs of dehydration to watch out for, including a dry mouth, tiredness, lack of focus and headaches. 'If you find yourself making mistakes while typing or you're feeling a bit foggy, this could be a sign that you need a glass of water,' says Jo. And if you're worried about over-hydrating, it's difficult to do. 'The body generally excretes excess water, so just try to drink to a comfortable level. I've had clients doing a nine-litre challenge, which is totally unnecessary!'

LIQUID DIET

The good news is that fluids needn't just come from your tap; a large proportion of your hydration can come from food. 'Roughly 20-30% of daily fluid intake typically comes from what's on your plate,' says GQ. 'And that climbs higher in summer, when we crave lighter, water-rich meals. High-water-content foods are so effective at hydrating us because they deliver fluid alongside electrolytes, fibre and natural sugars, which helps the body absorb and hold on to water more efficiently than plain water alone.' The sodium and potassium in foods such as spinach, celery or a bowl of soup help your body retain fluid, rather than letting it pass straight through you. 'Fibre from foods such as whole grains, vegetables, fruit and seeds also slows the whole process down, which keeps hydration steadier over a longer stretch of time,' adds GQ.

It's also just a more enjoyable way to hydrate: a few watermelon slices in the sun or a chilled gazpacho for lunch can feel like a treat, while also doing you good. So get a jump on hydration by trying one of our delicious recipes. ►



'High-water-content foods are so effective at hydrating us because they deliver fluid alongside electrolytes, fibre and natural sugars'

9 OF THE MOST HYDRATING FOODS

Registered nutritional therapist GQ Jordan shares her thirst-quenching favourites

1 CUCUMBER 'One of the most hydrating foods you can eat, at around 96% water. I slice it into a jug of water with mint, grate it into yogurt for a quick tzatziki or fold it through a grain salad.'

2 WATERMELON Juicy, sweet and a source of potassium – 'one of the key electrolytes for hydration' – it also contains antioxidant lycopene, which research suggests may benefit heart health, too. 'Try it with feta, mint and lime, or blend it into a chilled soup.'

3 KEFIR AND NATURAL YOGURT 'Both are 85-88% water and also provide potassium and calcium, plus live cultures for gut health – a healthy gut absorbs fluid and nutrients more efficiently. Kefir is a great post-exercise drink, as it delivers fluid, electrolytes and protein in one go.'

4 BROTHS, SOUPS AND GAZPACHO 'A bone or vegetable broth is one of the most underrated hydration tools, especially in cooler months. For summer, gazpacho is perfect – just blend tomatoes, cucumber, peppers and olive oil, for electrolytes and healthy fats, too.'

5 BERRIES AND CITRUS FRUITS 'Oranges are 87% water and also provide vitamin C, which supports iron absorption and overall cellular function.' All berries are great, but strawberries are about 91% water. 'High in vitamin C, they're lovely with a splash of balsamic and black pepper, blended into a kefir smoothie, or with yogurt to freeze for DIY ice lollies.'

6 TOMATOES 'Raw tomatoes give you the most water – cooking concentrates the flavour and nutrients but reduces the water content.' A tomato salad with olive oil is deliciously hydrating.

7 LETTUCE AND LEAFY GREENS 'Iceberg and romaine lettuce are about 95% water, and even heartier leaves such as spinach sit at around 91%.'

8 COURGETTE 'About 94% water and so versatile – I love it grilled, shaved raw into ribbons or grated into fritters at a barbecue.'

9 CELERY 'Celery has a hit of natural sodium, which helps with fluid retention. I like it chopped into salads or as a base for slow-cooked dishes.'

ADDITIONAL PHOTOGRAPHS: GETTY IMAGES, STOCKSY



Glazed pork and citrus salad

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Watermelon gazpacho with
cucumber and feta

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Chicken succotash broth

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another happy monkey filled with natural goodness

smoothies



& milkshakes



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SERVES 4 V Vn GF DF
HANDS-ON TIME 25 mins
TOTAL TIME 25 mins, plus freezing and macerating

VANILLA-MACERATED FRUIT SALAD WITH CANTALOUPE GRANITA

The ideal thirst-quenching dessert for a hot summer's day. Macerate the fruit the day before and make the granita up to a week ahead of serving.



For the granita

- ◆ ½ cantaloupe melon, rind and seeds removed, roughly chopped
- ◆ 25g light brown soft sugar
- ◆ juice of ½ lemon
- ◆ ½ tbsp vanilla bean paste

For the fruit salad

- ◆ ½ cantaloupe melon, rind and seeds removed, cut into small chunks
- ◆ 250g strawberries, hulled and quartered lengthways
- ◆ 150g blackberries
- ◆ 3 tbsp light brown soft sugar
- ◆ ½ tbsp vanilla bean paste

- 1 For the granita, put the melon in a blender with the sugar, lemon juice, vanilla paste, a pinch of salt and 2 tablespoons of water. Blend until completely smooth. Pour the mixture into a wide, shallow freezer-safe dish or tray. Cover with clingfilm and freeze for 45 minutes. Stir and scrape with a fork, then freeze again. Repeat every 45 minutes for 2½-3 hours in total, until large icy crystals form.
- 2 Meanwhile, for the salad, put the melon chunks in a large bowl, add the strawberries and blackberries,

then gently toss with the sugar and vanilla paste. Leave to macerate for about 30 minutes, until a syrup appears at the bottom of the bowl.

- 3 Scrape the granita with a fork one last time (if you've made it more than a few hours ahead, leave out at room temperature for 5-10 minutes first). Serve the fruit salad topped with a large spoonful of granita.

PER SERVING
153cals; 1g fat (0g sat fat);
2g protein; 7g fibre; 31g carbs;
31g total sugars; 0.1g salt

SERVES 2 DF
HANDS-ON TIME 30 mins
TOTAL TIME 30 mins

GLAZED PORK AND CITRUS SALAD

Sweet and sticky glazed pork pairs beautifully with juicy citrus and crisp lettuce in this vibrant salad. Perfect for an easy supper, it's also packed with ingredients to top up your fluid levels.

- ◆ zest and juice of 1 orange
- ◆ juice of 1 grapefruit
- ◆ 10g light brown soft sugar
- ◆ 2 tbsp soy sauce
- ◆ 1 x 400g pork tenderloin fillet
- ◆ 1 tbsp olive oil

For the salad

- ◆ 2 oranges
- ◆ 1 tbsp wholegrain mustard
- ◆ ½ red chilli, finely chopped (optional)
- ◆ 1 tbsp olive oil
- ◆ 1 grapefruit
- ◆ 1 head red cos lettuce, roughly chopped
- ◆ 1 small avocado, diced
- ◆ handful coriander, leaves picked



- 1 To make a glaze for the pork, whisk together the orange zest, citrus juices, brown sugar and soy sauce in a bowl. Set aside.
- 2 Pat dry the pork tenderloin and season all over, then heat the oil in a nonstick frying pan over a medium-high heat. Sear the pork for 4-5 minutes on each side, or until a deep golden-brown crust forms. Reduce the heat, then add the glaze to the pan. Simmer for 8 minutes or until reduced, adding a splash of water if it's reducing too quickly. Turn the pork until coated. If you have a meat thermometer, it should read 63°C in the middle of the thickest part of the pork. Set aside to rest for about 10 minutes.
- 3 Meanwhile, for the salad, put the juice of 1 of the oranges in a jug,

along with the mustard, chilli (if using), olive oil and seasoning. Whisk until combined.

- 4 Using a sharp serrated knife, remove the peel and pith from the remaining orange and the grapefruit, and cut into segments. Add to a bowl with the lettuce, avocado and coriander leaves. Pour over the dressing and toss well.
- 5 Cut the rested pork into thick slices and serve with the salad, drizzled with leftover glaze and any resting juices. ➤

PER SERVING
598cals; 29g fat (4g sat fat);
49g protein; 7g fibre; 31g carbs;
30g total sugars; 2.4g salt

SERVES 4 V
HANDS-ON TIME 20 mins
TOTAL TIME 20 mins, plus chilling

WATERMELON GAZPACHO WITH CUCUMBER AND FETA

Watermelon, tomatoes, celery and cucumber are among the most hydrating foods, making this speedy gazpacho as good for boosting your water intake as it is for cooling you down.



For the gazpacho

- ◆ 1 x 540g pack prepared watermelon
- ◆ 450g Taste the Difference Majestic Vine Tomatoes, roughly chopped
- ◆ 3 celery sticks, roughly chopped
- ◆ ½ onion, roughly chopped
- ◆ 2 garlic cloves
- ◆ 1 red pepper, deseeded and roughly chopped
- ◆ 100g sourdough, torn
- ◆ 4 tbsp sherry vinegar

To serve

- ◆ ½ cucumber, finely diced
- ◆ 75g feta, crumbled
- ◆ ½ x 20g pack dill, roughly chopped
- ◆ 2 tbsp extra virgin olive oil

- 1 Put all the gazpacho ingredients in a high-speed blender (depending on the size of your blender, you may need to do this in batches). Season, then blend until smooth. Taste and adjust the seasoning as necessary. Transfer to a bowl and chill in the fridge until needed.
- 2 For the topping, put the cucumber, feta and dill in a bowl, season, then mix to combine. Ladle the chilled gazpacho into bowls and spoon over the topping. Serve drizzled with the olive oil and seasoned with black pepper.

PER SERVING

257cals; 12g fat (4g sat fat);
8g protein; 4g fibre; 28g carbs;
16g total sugars; 0.7g salt

SERVES 4 DF
HANDS-ON TIME 35 mins
TOTAL TIME 55 mins, plus defrosting

CHICKEN SUCCOTASH BROTH

This brothier take on a classic North American succotash is designed with hydration in mind. Sweetcorn, beans and tender shredded chicken create a nourishing, satisfying dish that’s loaded with flavour.

- ◆ 500ml good-quality chicken stock
- ◆ 1 x 640g pack chicken breast fillets
- ◆ 2 tbsp extra virgin olive oil, plus extra to drizzle (optional)
- ◆ 1 onion, diced
- ◆ 4 garlic cloves, finely crushed
- ◆ 500g courgettes, finely diced
- ◆ 1 green pepper, deseeded and finely diced
- ◆ 2 bay leaves
- ◆ 2 tbsp Worcestershire sauce
- ◆ 2 x 198g tins sweetcorn, drained
- ◆ 220g frozen broad beans, defrosted and double podded
- ◆ 1 x 300g pack Taste the Difference Majestic Vine Tomatoes, roughly chopped
- ◆ handful basil leaves, torn
- ◆ 3 tbsp cider vinegar
- ◆ ½ x 20g pack chives, finely chopped
- ◆ pinch chilli flakes (optional)

- 1 Pour the chicken stock into a pan with 250ml water and bring to a gentle simmer. Add the chicken breasts and poach for 10-15 minutes, or until cooked through. Remove the chicken with a slotted spoon onto a plate. Skim the surface of the stock if necessary. Set aside.
- 2 Heat the oil in a large, deep pan over a medium-low heat, then sauté the onion for 6-8 minutes. Add the garlic and cook for 1 minute, then add the courgettes and pepper and cook for 2-3 minutes, until just softened. Strain the stock into the pan, add the bay leaves and Worcestershire sauce, and season. Simmer over a low heat for 10 minutes.

- 3 Meanwhile, use two forks to shred the poached chicken into large chunks. Add the chicken to the broth with the sweetcorn and broad beans. Cook for 5 minutes, then turn off the heat and stir through the tomatoes, most of the basil and the vinegar. Season to taste, if necessary.
- 4 Ladle into bowls, top with the remaining basil, the chives and chilli flakes (if using), and serve drizzled with olive oil. ■

PER SERVING

412cals; 10g fat (2g sat fat);
49g protein; 12g fibre; 25g
carbs; 14g total sugars; 1.6g salt



FOOD STYLING: JOSS HERD, PROP STYLING: TAMZIN FERDINANDO

ADVERTISEMENT FEATURE

Water how you want it.

BRITA  Millie Bobby Brown

Millie Bobby Brown, BRITA's first global brand ambassador, on opening a new chapter for the global water filtration company, the grounding power of her farm, and why small everyday habits help her stay balanced.

Millie Bobby Brown has spent much of her life in front of the world. Millions follow her online, while her career keeps her constantly on the move between film sets, travel and new projects. Yet away from the spotlight, her life looks surprisingly different. Much of her time is spent on her farm, surrounded by animals and family – a place that helps her stay grounded when everything else moves fast. In this conversation, she talks about authenticity, social media pressure, motherhood, and the everyday routines that help her stay centred.

Q: Your life often looks incredibly fast-paced from the outside. When everything moves quickly, what helps you stay grounded?

MBB: I live on a farm, so I usually like to go out, hang out with my horses and ponies and cows, and I muck out the stables. My daily habit is just going to visit my animals, and it always grounds me and brings me back to my roots.

Q: Your dogs seem to have very distinct personalities. Is there one who feels a bit like your alter ego?

MBB: My dog Winnie is literally me. She's frantic, she's crazy, but she's really lovable and she loves hard.

Q: Looking at your life today – your home, your family, everything you've built – what makes you feel most alive right now?

MBB: Gosh, being a mother. Being a mum just makes you feel like – I have never felt so many emotions in a split second. I love, and then I'm crying because I don't want her to

grow up, but then I want her to grow up, and there are so many emotions of being a mum, and that definitely makes me feel very alive.

Q: Being in the public eye also means people invent stories about you. What's the most ridiculous rumour you've heard?

MBB: Somebody thought I was pregnant because I was buying diapers in a grocery store, but actually I was just buying diapers for my baby sheep.

Q: How do you balance being authentic with the pressure of public expectations?

MBB: I try to remain myself and to stay true to myself. I feel like shaving my hair off as a young child taught me a lot about not caring about what the world thinks of you and just trying to embrace who you are. I think I've had a lot of criticism online growing up.

"I was just buying diapers for my baby sheep."

Q: As your life evolves, has that also changed how you decide where to invest your energy?

MBB: I feel like there are certain things I give my energy to that I don't need to anymore. And I'm like, hold on. It's all about managing your time better. And I give a lot of energy to my work, my company, my family, travel. But there are certain things that I'm just like: cut it out. It's no more. Whatever gives me

positive and good energy, I will reciprocate that back. And so, yeah, I've just been slowly trying to weed out the things that make me really happy and the things that don't. And I can only hope that everyone else does the same.

Q: Between filming, travelling and running a company, self-care probably becomes essential. What helps you stay physically balanced?

MBB: I go to a lot of warm places, so for me, staying hydrated is the most important thing. When I'm out, I'm wearing corsets and doing films. There is nothing more for me than taking care of myself in that way, and BRITA has helped my wellbeing in many facets of that.

Q: That daily habit also connects to your collaboration with BRITA. Why did that partnership make sense for you?

MBB: I don't do things that don't feel organic and authentic to me. I like to involve myself in things that have purpose, that have meaning, and that fit into my daily life, work with my daily life and are logistical – and BRITA felt like the most organic, authentic version of that. I'm running around on a farm all day, jumping in my car, going to work, doing stunts, and I'm constantly hydrated. I have to be to literally function as a machine. And when this came along, it felt the most right to connect and collaborate with a brand that has really great morals. It's a family business. I believe in family businesses, and I feel like drinking water, staying hydrated, and choosing the right brands to stay hydrated with. And for me, that's BRITA.

A range of BRITA products, including the MAXTRA Pro Pure Performance, which reduces modern impurities such as certain herbicides, pesticides, pharmaceuticals and PFAS, are available to purchase in store and online.