

# Review of: "Mealtime Hydration's Impact on Digestion": An Editorial Article

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**Potential competing interests:** No potential competing interests to declare.

Congratulations to the authors for the initiative. A relevant point to be addressed in this review is what constitutes excessive water consumption during a mealtime? It is known that women have a lower proportion of body water, as they have more adipose tissue than men, which contains a small amount of water. Obese people have a lower proportion of water than thin people. As for the diet, increased fiber consumption results in a greater amount of water excreted along with the feces. Proteins produce urea after being metabolized, a product that requires water (in a ratio of 40 to 60 ml for every 2.2g of urea) to be excreted by the kidneys. Ketone bodies also require water for excretion; however, consuming around 100g of carbohydrates is enough to prevent ketosis, saving body water. Generally speaking, an individual's water needs can be estimated based on metabolized energy and body weight. A practical method to calculate the water needs for adult individuals consists of considering the consumption of 1 mL/kcal of energy expended in moderate conditions of energy expenditure and environmental temperatures close to comfort.

Another point that can also be explored is that fruits, in addition to having a high moisture content and readily available energy, can also contain some digestive enzymes such as bromelain in pineapple. Therefore, the absence of fruit in the meal must be supplemented with a minimum intake of 100 mL of drinking water per mealtime. How did we arrive at this value? Considering a consumption of 1 mL H<sub>2</sub>O/kcal of energy expended, it must be associated with at least 1 mL H<sub>2</sub>O/kcal of energy consumed. The sodium chloride content in the diet is also a determining factor in water consumption during mealtime.

The last point that I believe should be added to this review would be to mention the main gastrointestinal diseases such as Gastroesophageal Reflux Disease, hiatus hernia, ulcers, gallstones, Crohn's disease, and H. pylori related to greater or lesser hydration during food intake.