

## Hydration Boosters

You should aim to have at least 1.6 – 2 litres (around 6 - 8 glasses) of fluid per day to stay hydrated. If you find it difficult to increase the amount you drink, try opting for foods high in moisture to maintain a good hydration status.

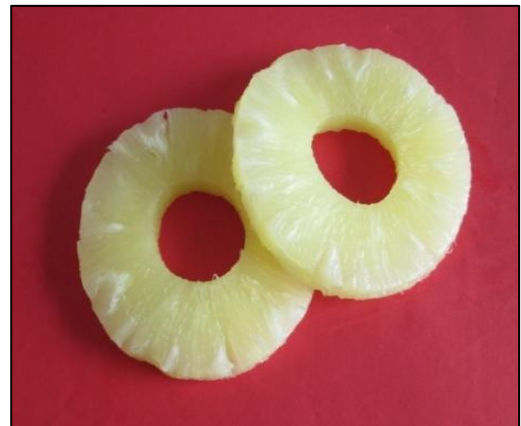


### Did you know...?

Around 20% of our daily fluid intake comes from within our food!

#### Sweet options:

<input type="checkbox"/> 2 tablespoons of cream	= 30ml
<input type="checkbox"/> Fromage frais (60g)	= 50ml
<input type="checkbox"/> 2 pineapple rings	= 70ml
<input type="checkbox"/> Ice lolly (70g)	= 70ml
<input type="checkbox"/> Stewed apple (85g)	= 75ml
<input type="checkbox"/> 2 scoops of ice cream	= 75ml
<input type="checkbox"/> Small bowl of porridge (110g)	= 80ml
<input type="checkbox"/> Custard (120g)	= 90ml
<input type="checkbox"/> Yoghurt (125g)	= 95ml
<input type="checkbox"/> Tinned fruit cocktail (115g)	= 100ml
<input type="checkbox"/> Jelly (120g)	= 100ml
<input type="checkbox"/> Instant whip (120g)	= 120ml
<input type="checkbox"/> Serve cereal with milk	= 125ml
<input type="checkbox"/> 1 slice of melon	= 140ml
<input type="checkbox"/> Rice pudding (200g)	= 160ml



#### Savoury Options:

<input type="checkbox"/> Houmous dip (50g)	= 30ml
<input type="checkbox"/> 1 boiled egg	= 40ml
<input type="checkbox"/> Serving of gravy	= 50ml
<input type="checkbox"/> 1 chicken drumstick (90g)	= 55ml
<input type="checkbox"/> 2 celery sticks	= 55ml
<input type="checkbox"/> 2 tablespoons of cottage cheese	= 60ml
<input type="checkbox"/> 2 tablespoons of mashed potato	= 70ml
<input type="checkbox"/> 3 tablespoons of mushy peas	= 70ml
<input type="checkbox"/> Cauliflower cheese (90g)	= 70ml
<input type="checkbox"/> 4 florets of broccoli	= 75ml
<input type="checkbox"/> 1 tomato (85g)	= 80ml
<input type="checkbox"/> Scrambled eggs with milk (120g)	= 80ml
<input type="checkbox"/> 3 tablespoons of baked beans	= 90ml
<input type="checkbox"/> Side salad (100g)	= 95ml
<input type="checkbox"/> Small tin of soup (300g)	= 265ml



**Tip:** Choosing fluid rich meals or serving foods with a sauce can help improve your fluid intake. See 'Keeping Hydrated' resource for more hydration advice.