

Healthy hydration

From the British Nutrition Foundation.



We should aim to drink **6-8 glasses of fluid per day** - if you're caring for someone, it can help to ensure a drink is always within easy reach, and served with every meal or snack.



Water drink plenty

A good choice throughout the day. Add lemon, mint or cucumber for extra flavour.



Milk drink regularly

Contains calcium, B vitamins and protein. Whole milk can be good for adults with poor appetites.



100% fruit juice have to suit

A good source of vitamins and minerals. A 150ml glass can count as 1 of their 5 a day.



Soup & smoothies have to suit

Provides a good range of vitamins and minerals if they contain a lot of fruit or vegetables.



Soft drinks & ice lollies have occasionally

Satisfying on a hot day. However, they may not contain many nutrients.



Tea & coffee have to suit

Add plenty of milk if you want extra calories and protein. Avoid caffeinated options.