



Hydration



You should aim to drink 1.5-2 litres (6-8 glasses) of fluid per day.



6 - 8



Hydration can help with:



constipation



low blood pressure



urine tract infection (UTI)



pressure ulcers



If you are dehydrated you may get:



tired



headaches

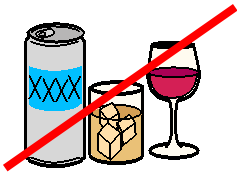


dry skin

Service provided by:



Hydration



All fluid counts except from alcohol!

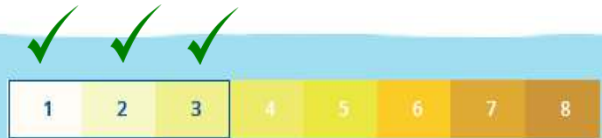


Do not wait until you feel thirsty to have a drink.

Use the pee chart to help check you are hydrated.

Check urine colour.

Remember - healthy pee is 1 to 3, 4 to 8 you must hydrate.



If you have diabetes

OR



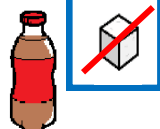
You are trying to lose weight



water



skimmed milk



sugar free drinks



Hydration



You sweat more when:



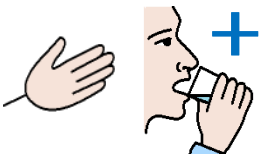
it is hot



you are exercising



You need to drink more when you sweat.



To help you drink more try:



Spouted cups



Handled mugs
























Specialist bottles









Sweet Hydration Boosters

About 20% of our daily fluid intake comes from food.

Here are some sweet examples:

<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 cream	 2 tablespoons	 30mls
 ice-lollies	 1 ice-lolly (70g)	 70mls
 custard	 1 pot (120g)	 90mls
 melon	 1 slice melon	 140ml
 fromage frais	 1 pot (60g)	 50mls
 stewed apple	 1 bowl (85g)	 75mls
 jelly	 1 pot (120g)	 100ml






















Sweet Hydration Boosters

<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 porridge	 1 small bowl	 80mls
 yoghurt	 1 pot (125g)	 95mls
 rice pudding	 1 bowl (200g)	 160ml
 instant whip pudding	 1 bowl (120g)	 120ml
 cereal with milk	 1 bowl cereal 125ml Milk	 125ml
 pineapple	 2 pineapple rings	 70mls
 ice cream	 2 scoops	 75mls
 tinned fruit cocktail	 1 bowl (115g)	 100ml
























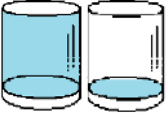
Savoury Hydration Boosters

About 20% of our daily fluid intake comes from food.

Here are some savoury examples:

<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 humus	 3 tablespoons 50g	 30mls
 boiled egg	 1 boiled egg	 40mls
 gravy	 50ml 1 serving	 50mls
 chicken drumstick	 1 chicken drumstick (90g)	 55ml
 celery	 2 celery sticks	 55mls
 cottage cheese	 2 tablespoons	 60mls
 mashed potato	 2 tablespoons	 70ml

Savoury Hydration Boosters

<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 mushy peas	 3 tablespoons	 70mls
 cauliflower cheese	 1 serving (90g)	 70mls
 broccoli	 4 florets	 75mls
 tomatoes	 1 tomato (85g)	 80ml
 scrambled eggs	 1 serving made with milk (120g)	 80mls
 baked beans	 3 tablespoons	 90mls
 side salad	 1 serving (100g)	 95ml
 soup	 1 small tin (300g)	 265ml

Community Learning Disabilities Team Dietetics

Sirona care & health

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Bristol, BS16 1EQ

Please ensure the following information is in line with your eating and drinking guidelines.

The 'ml' for each food is only an average.

Content for this leaflet used with kind permission of Nutrition and Dietetics Service, Cambridgeshire Community Services.

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