

Hydration Boosters Key Points

Diabetes and Nutrition Services Community Dietitians



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Most people should aim to drink **around 6-8 glasses** of fluid per day to stay hydrated, unless a doctor or specialist nurse advises otherwise.

If you find it difficult to drink more fluids, try eating foods that have a high water content to help you stay well-hydrated.

Did you know? Around 20% of our daily fluid intake comes from water in the food we eat!

Sweet Options (with approximate fluid content per serving):

- **Cream (2 tablespoons, 30ml):** Approximately 30ml of fluid.
- **Fromage frais (60g):** Approximately 50ml of fluid.
- **Pineapple rings (2):** Approximately 70ml of fluid.
- **Ice lolly (70g):** Approximately 70ml of fluid.
- **Stewed apple (85g):** Approximately 75ml of fluid.
- **Ice cream (2 scoops):** Approximately 75ml of fluid.
- **Porridge (small bowl, 110g):** Approximately 80ml of fluid.
- **Custard (120g):** Approximately 90ml of fluid.
- **Yoghurt (125g):** Approximately 95ml of fluid.
- **Tinned fruit cocktail (115g):** Approximately 100ml of fluid.
- **Jelly (120g):** Approximately 100ml of fluid.
- **Instant whip (120g):** Approximately 120ml of fluid.
- **Cereal with milk (serving):** Approximately 125ml of fluid (from the milk).

- **Melon (1 slice):** Approximately 140ml of fluid.
- **Rice pudding (200g):** Approximately 160ml of fluid.

Savoury Options (with approximate fluid content per serving):

- **Houmous dip (50g):** Approximately 30ml of fluid.
- **Boiled egg (1):** Approximately 40ml of fluid.
- **Gravy (serving):** Approximately 50ml of fluid.
- **Chicken drumstick (90g):** Approximately 55ml of fluid.
- **Celery sticks (2):** Approximately 55ml of fluid.
- **Cottage cheese (2 tablespoons):** Approximately 60ml of fluid.
- **Mashed potato (2 tablespoons):** Approximately 70ml of fluid.
- **Mushy peas (3 tablespoons):** Approximately 70ml of fluid.
- **Cauliflower cheese (90g):** Approximately 70ml of fluid.
- **Broccoli florets (4):** Approximately 75ml of fluid.
- **Tomato (1 medium, 85g):** Approximately 80ml of fluid.
- **Scrambled eggs with milk (120g):** Approximately 80ml of fluid (from the milk and eggs).
- **Baked beans (3 tablespoons):** Approximately 90ml of fluid (in the sauce).
- **Side salad (100g):** Approximately 95ml of fluid (depending on the vegetables).
- **Soup (small tin, 300g):** Approximately 265ml of fluid.

**We want you and the people who help you to understand what we send.
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