

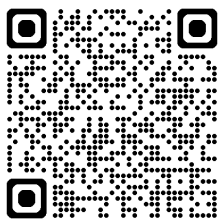
Hydration Boosters



Diabetes and Nutrition Services

Tel: 0300 124 5908

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**Scan the QR code to view our page on the
Sirona care and health website.**

Most people should aim to drink 1600 – 2000 mls (around 6- 8 glasses) of fluid per day to stay hydrated, unless advised otherwise by a doctor or specialist nurse.

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

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

Savoury options

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

**We want you and the people who help you to understand what we send.
If you need help with this letter or leaflet, please tell us.**

We can help with larger print, audio (a message to listen to), Easy read,
British Sign Language or this information in another language.



**You can phone us on 0300 124 5908 or email us at
sirona.dans@nhs.net**

Please scan the QR code to listen to an audio version of this
statement.

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