

# Healthy Hydration

Adults should drink around 6 – 8 glasses of fluid each day. This can be from a variety of drinks...

## Drinking water

is a good choice, especially between meals. It hydrates you without providing extra calories or risking harm to your teeth.

**DRINK PLENTY**



## DRINK

(BE AWARE OF YOUR CAFFEINE INTAKE IF PREGNANT\*)

**Tea and coffee** provide water and some nutrients if drunk with milk. Drink without sugar to limit calorie intake. You could try decaffeinated, herbal and other hot drinks too.



**Milk** provides water and is a useful source of nutrients. It is best for adults and older children to choose lower fat varieties.



**HAVE REGULARLY BUT CHOOSE LOWER FAT VERSIONS**

**DRINK IN MODERATION**

**Low-calorie soft drinks** provide water without extra calories, but can be acidic risking harm to tooth enamel.



**Fruit juices** provide water and some vitamins and minerals. One serving even counts towards your 5-A-DAY. However they also contain sugar (and calories) and can be acidic, risking harm to teeth.

**DRINK IN MODERATION**

**DRINK IN SMALL AMOUNTS**

**Soft drinks that contain sugar** provide water, but they also provide calories, usually without extra nutrients, and can be acidic. Having these frequently may risk harm to teeth.



Designed by the Natural Hydration Council & advised by the British Nutrition Foundation

\*It is best to have no more than 200mg of caffeine a day when you are pregnant.

This is equivalent to about two mugs of instant coffee, about two and a half mugs of tea or up to 5 cans of cola.