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Bedfordshire Community Health Services

Hydration Boosters

You should aim to have at least 1.6 - 2 litres (around 6 - 8 glasses) of fluid per day to stay hydrated. 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 inta	ke comes fron	n within our food!
Sweet options:		
 2 tablespoons of cream Fromage frais (60g) 2 pineapple rings Ice lolly (70g) Stewed apple (85g) 2 scoops of ice cream Small bowl of porridge (110g) 	= 30ml = 50ml = 70ml = 70ml = 75ml = 75ml = 80ml	
 Custard (120g) Yoghurt (125g) Tinned fruit cocktail (115g) Jelly (120g) Instant whip (120g) Serve cereal with milk 1 slice of melon 	= 90ml = 95ml = 100ml = 100ml = 120ml = 125ml = 140ml	
 Rice pudding (200g) Savoury Options: Houmous dip (50g) 1 boiled egg Serving of gravy 	= 160ml = 30ml = 40ml = 50ml	
 1 chicken drumstick (90g) 2 celery sticks 2 tablespoons of cottage cheese 2 tablespoons of mashed potato 3 tablespoons of mushy peas Cauliflower cheese (90g) 4 florets of broccoli 1 tomato (85g) Scrambled eggs with milk (120g) 3 tablespoons of baked beans Side salad (100g) Small tin of soup (300g) 	= 70ml = 70ml = 70ml = 75ml = 80ml	

Tip: Choosing fluid rich meals or serving foods with a sauce can help improve your fluid intake. See *'Keeping Hydrated'* resource for more hydration advice.