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 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

**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.

Visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and search ‘Food First’ for more information.