

## Hydration Boosters

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 drink, try foods high in moisture to maintain good hydration.



### Did you know...?

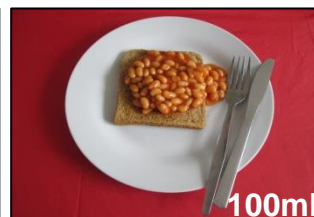
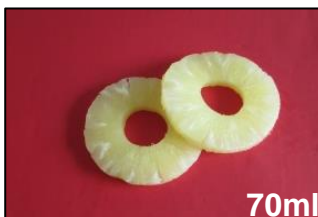
Around 20% of our daily fluid intake comes from within our food!

#### 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



#### Hydration Swaps:

Breakfast:	Toast with spread (10ml)	→	Scrambled egg on toast (100ml)
Mid-Morning:	Digestive biscuit (0ml)	→	Yoghurt (95ml)
Lunch:	Gammon & Chips (80ml)	→	Beef stew with mash (275ml)
	Madeira cake (10ml)	→	Fruit crumble with custard (175ml)
Mid-Afternoon:	Bag of crisps (1ml)	→	Jelly (100ml)
Evening:	Jacket potato & cheese (120ml)	→	Jacket potato & beans (200ml)
Total:	<b>221ml</b>	→	<b>945ml</b>



**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.