



Drinking enough when you are at home



Some people might need help to understand this leaflet.

If you need someone to help you, please ask the person who gave you this leaflet.



If you don't drink enough you may feel

thirsty



confused



dizzy

With thanks to Bristol Community Health CIC for sharing their leaflet.

You need to drink 8 cups of fluid every day



Fluid includes



water



squash and fizzy drinks



fruit juice e.g. orange, apple, pineapple



tea and coffee



hot chocolate and malted milk drinks







milk



milk shakes, Complan, Build Up and nutritional supplements

If you don't feel like drinking

	Choose a small cup or glass and have more drinks more often
	Choose a special cup
	Eat more foods that contain fluid, like fruit and vegetables
	soup
	breakfast cereal with milk
	yoghurt, jelly and mousse
	ice cream and ice lollies
	sauce and gravy