



BRITISH
Nutrition
FOUNDATION

Healthy hydration

Adults should drink around 1.2 litres (about 6-8 glasses) of fluid each day. This can be from a variety of drinks...

Drink plenty



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

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.



Drink (be aware of your caffeine intake if pregnant*)

Have regularly, but choose lower fat versions



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

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



Drink in moderation

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Fruit juices provide water and some vitamins and minerals. One serving (150ml) even counts towards your 5 A DAY. However they also contain sugar (and calories) and can be acidic, risking harm to teeth.

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.



Drink in small amounts

*It is best to have no more than 200mg of caffeine a day when you are pregnant. This is equivalent to about 2 mugs of instant coffee, about 2.5 mugs of tea or up to 5 cans of cola.