

# Hydration boosters

## Guide to increasing your fluid intake

### Top tips to increase fluid intake:

**DRINK 6 – 8 cups of water or other fluid each day**

- Drinks at regular intervals throughout the day, e.g. every hour.
- Drink at every meal time – or after the meal, if it is filling you up.
- Keep a drink at hand – on the side of your chair or table.
- Keep a note of how much you are drinking.
- Try to have a variety of different drink throughout the day – choose drinks that you like.



**It's not just water that counts towards every day fluid intake; glasses of milk, homemade fortified milkshakes, juice and cups of tea and coffee count too!!!**

20% of all our fluid intake comes from within our food

#### **Sweet options:**

- Tinned fruit cocktail (115g) = 100mls
- Ice lolly (70g) = 70mls
- Jelly (120g) = 100mls
- 2 scoops of ice cream = 75mls
- Custard (120g) = 90mls
- Instant whip (120g) = 120mls
- Yoghurt (125g) = 95mls
- 1 slice of melon = 140mls
- Cereal with milk = 125mls

#### **Savoury options:**

- Serving of gravy = 50mls
- 1 boiled egg = 40mls
- Cauliflower cheese (90g) = 70mls
- 2 tbsp of mashed potato = 70mls
- 3 tbsp of baked beans = 90mls
- Scrambled eggs with milk (120g) = 80mls
- Small tin of soup (300g) = 265mls
- 1 tomato (85g) = 80 ml

**Think, Food First!**

Urine colour could be another indicator that fluid intake needs to be increased:



If the urine is colour 4-8 and smelly, use the tips above to ensure the resident is hydrated!



**Increasing fluid levels helps:**

- Reduce urinary tract infections (UTI's)
- Reduce falls
- Reduce constipation
- Improve concentration and memory

Leaflet given out by: \_\_\_\_\_ Contact number: \_\_\_\_\_

**Think, Food First!**