

Staying Hydrated

The body is made up of around 60% water, with health authorities recommending you drink 2 litres a day. Staying hydrated is key to sorting out your nutrition, here are some helpful pointers to help you keep hydrated.



Tea, coffee and other hot drinks -

many of us enjoy a good cuppa, add plenty of milk for extra calories and protein.



Soft drinks - these count towards your intake, but they may provide limited nutrients. Diet options are not a good choice if you are trying to prevent weight loss.



Milk and milky drinks -

a good source of calcium, iodine, B vitamins and protein with whole milk the best option for adults with poor appetites.



To increase calorie and protein intake, try to include milky drinks like hot chocolate or milkshakes with added fruit and yogurt and remember to add plenty to your cereal.

Fruit and vegetable juices -

unsweetened, 100% fruit or vegetable juices are full of vitamins and minerals, a 150ml glass counts as 1 of your 5 a day!



Soups and smoothies - high fluid foods, like soups, will contribute to hydration. Try smoothies as they can provide a range of vitamins and minerals.



Water - try adding mint or lemon for extra flavour.



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS