

Further Information and Resources

www.bda.uk.com/foodfacts

British Dietetic Association - Site offers a range of diet related fact sheets including Fluid.

www.eatwellscotland.org

Food Standards Agency - Site provides information and practical tips on how to make healthier food choices for a healthier diet. It has healthy eating advice for various ages and stages of life. There is also information on basic food hygiene, keeping food safe and food labelling.

www.nhs.uk

NHS Choices - Search "Water and Drinks" for more information on recommended fluid intakes.

www.nhsforthvalley.com/healthpromotion

NHS Forth Valley Health Promotion - Choose 'Nutrition' to view more information on healthy eating and to download a range of nutrition resources.

www.wateriscoolinschools.org.uk

Water is Cool in School - Site aims to improve the quality of provision and access to fresh drinking water for children in UK primary and secondary schools.



Scan this QR code to search.

www.nhsforthvalley.com/healthpromotion

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590870 (Monday – Friday 8.00 am to 5.00 pm), fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

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It's clear...
drink more water

It's clear... drink more water

Adults and children should drink 6 to 8 glasses of fluid every day. Try to drink even more when it's hot, during exercise, if you're ill or when travelling.

Drinking enough water helps:

- ◆ you feel more alert and energetic
- ◆ you concentrate and think more clearly
- ◆ improve the condition of your skin and hair
- ◆ your body flush out any unwanted toxins

Add a Splash of Flavour

If you don't like plain water, try:

- ◆ adding a slice of lemon or lime
- ◆ adding a splash of fruit juice
- ◆ a herbal tea

Are you drinking enough?

The colour of your urine is an excellent guide as to whether you are dehydrated or not.

Drinking enough:

- ◆ Urine is pale, straw coloured and odourless.

Not drinking enough:

- ◆ Urine is dark, concentrated and has a strong smell.

Watch Out

- ◆ Some flavoured waters may contain a lot of sugar and calories
- ◆ Drinking these too often can lead to weight gain and tooth decay
- ◆ Plain unflavoured water (tap, still or sparkling) is recommended as a healthy drink choice



Children Need Fluids

Offer your child a drink at meal times and snacks. The best drinks for children are water, milk and milkshakes without added sugar.

Just Chill for the Thrill

- ◆ Fill a jug or water bottle with tap water and keep in the fridge. Icy cold water is so refreshing.



Plain tap water is the cheapest and most effective way of replacing lost fluid from your body.

Fascinating Fact

- ◆ Humans lose the equivalent of a pint of water every day just breathing!
- ◆ When exercising we can lose up to 2 litres of water in 40 minutes.

Your Body Needs Water to Survive

- ◆ Water is the best option, although other drinks and some foods can contribute to your daily fluid intake.
- ◆ Drinks containing caffeine such as tea, coffee and some soft drinks will not keep you as well hydrated as water.

