



# HEALTHY HYDRATION

for adults and teenagers

We should drink about 6-8 glasses of fluid each day.  
This can be from a variety of drinks

## Water

Water is a good choice throughout the day because it hydrates you without providing extra calories or harming teeth.

Drink plenty



## Tea, coffee and other hot drinks

Provide some nutrients (if milk or fortified plant-based alternatives are added) and some contain caffeine\*. To limit calories, drink without sugar or sugary syrups and with lower fat milks.



Drink to suit (can contain caffeine; limit if pregnant\*)

## Milk

Is a useful source of nutrients including calcium, iodine, B vitamins and protein. Adults and older children should choose lower-fat varieties.

Have regularly, but choose lower fat



## Sugar-free drinks

Provide fluid without extra calories. Drinks like squashes and fizzy drinks are acidic, which can harm teeth.

Drink in moderation



## Fruit and vegetable juices and smoothies

Provide some vitamins and minerals. One small glass (150ml) counts as a maximum of one portion of your 5 A DAY. However, they also contain sugars and can be acidic, which can harm teeth so it's best to drink them with a meal.

Can have once a day



## Sugary drinks

Provide fluid but contain calories from sugars, usually without other nutrients, and can be acidic. Sugars and acidity can both be harmful to teeth. Some of these drinks also contain caffeine\*.

Limit



\*If pregnant, limit caffeine to no more than 200mg per day. Visit NHS Choices page on caffeine in pregnancy for more information.

## Sports drinks

Are generally only needed if training at high intensity for over an hour. Can be high in sugars.

Only if needed



## Energy drinks

Can be high in sugars and may contain high levels of caffeine\* and other stimulants. These drinks are not good choices for those under 18 years.

Limit



Note: alcoholic drinks don't count towards your fluid intake.