

Staying Hydrated



**WOMEN NEED
AT LEAST 1.6L OF
FLUIDS A DAY**



**MEN NEED AT
LEAST 2L OF
FLUIDS A DAY**

All fluids count toward your daily intake! This includes hot drinks, fruit juice and cordials. Offer a variety of drinks based on preference.

Try to drink even more when the weather is hot.

Being well hydrated can help prevent dizziness and falls, constipation, headaches and fatigue.

OTHER WAYS TO BOOST HYDRATION



Milk in your cereal



Fruit



Soups



Milky drinks



Sauces



Ice lollies*



Jelly*



Custard

*Ice lollies and jelly are NOT suitable for people on thickened fluids

This is a guide. Ensure all professional recommendations provided by your Doctor or Speech and Language Therapist are followed.