

Healthy hydration



Adults should drink around 1.2 litres (about 6-8 glasses) of fluid each day. This can be from a variety of drinks...

Drinking water is a good choice, especially between meals. It hydrates you without providing extra calories or risking harm to teeth.



Drink plenty

Drink (be aware of your caffeine intake if pregnant*)

Tea and coffee provide water, and some nutrients if drunk with milk. Drink without sugar to limit calorie intake. You could try decaffeinated, herbal and other hot drinks too.



Milk provides water and is a useful source of nutrients. It is best for adults and older children to choose lower fat varieties.



Have regularly, but choose lower fat versions

Drink in moderation

Low calorie soft drinks provide water without extra calories, but can be acidic risking harm to tooth enamel.



Fruit juices provide water and some vitamins and minerals. One serving even counts towards your 5-A-DAY. However they also contain sugar (and calories) and can be acidic, risking harm to teeth.



Drink in moderation

Drink in small amounts

Soft drinks that contain sugar provide water, but they also provide calories, usually without extra nutrients, and can be acidic. Having these frequently may risk harm to teeth.

