

Hydration Boosters

Nutrition & Dietetics



Most people should aim to drink 1600 – 2000 mls (around 6 - 8 glasses) of fluid per day to stay hydrated, unless advised otherwise by a doctor or specialist nurse. If you find it difficult to increase the amount you drink, try opting for foods high in moisture to maintain a good hydration status.

Did you know?... Around 20% of our daily fluid intake comes from within our food!

Sweet options:

2 tablespoons of cream	30ml
Fromage frais (60g)	50ml
2 pineapple rings	70ml
Ice lolly (70g)	70ml
Stewed apple (85g)	75ml
2 scoops of ice cream	75ml
Small bowl of porridge (110g)	80ml
Custard (120g)	90ml
Yoghurt (125g)	95ml
Tinned fruit cocktail (115g)	100ml
Jelly (120g)	100ml
Instant whip (120g)	120ml
Serve cereal with milk	125ml
1 slice of melon	140ml
Rice pudding (200g)	160ml

Savoury Options:

Houmous dip (50g)	30ml
1 boiled egg	40ml
Serving of gravy	50ml
1 chicken drumstick (90g)	55ml
2 celery sticks	55ml
2 tablespoons of cottage cheese	60ml
2 tablespoons of mashed potato	70ml
3 tablespoons of mushy peas	70ml
Cauliflower cheese (90g)	70ml
4 florets of broccoli	75ml
1 tomato (85g)	80ml
Scrambled eggs with milk (120g)	80ml
3 tablespoons of baked beans	90ml
Side salad (100g)	95ml
Small tin of soup (300g)	265ml

Tip: Choosing fluid rich meals or serving foods with a sauce can help improve your fluid intake. See *'Keeping Hydrated'* resource for more hydration advice.

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