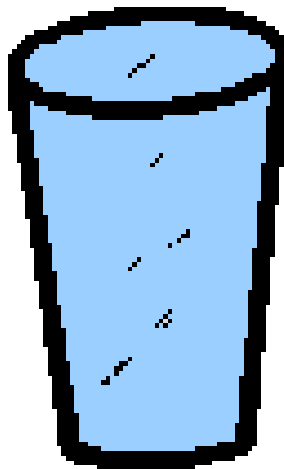


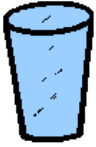
Drinking enough fluid



Community Dietitians
Bristol South & West NHS Primary Care Trust
New Friends Hall, Heath House Lane
Stapleton, Bristol
BS16 1EQ Tel: 0117 9585666

November 2003

You need to drink 8 –10 cups of fluid a day. This includes:



water



squash and fizzy drinks



fruit juice e.g. orange, apple



tea and coffee



hot chocolate



milk



milk shakes, Complan, Build Up and nutritional supplements

If you don't feel like drinking

Choose a:



small cup or glass



special cup

Eat more foods that contain fluid:



fruit and vegetables



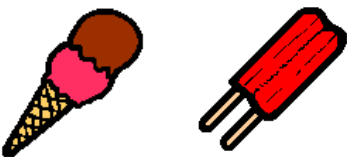
soup



breakfast cereal with milk



yoghurt, jelly and mousse



ice cream and ice lollies



sauce and gravy

If you don't drink enough you may feel:



thirsty



confused



dizzy

If you want to know more contact your:



community nurse:



doctor:



dietitian:

