

HYDRATION FOR HEALTH

This dietary leaflet is for adults and explains the importance of keeping hydrated for overall better health



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 01536 492317 (Kettering)

 nhft.nhs.uk/dietetics



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

A GUIDE TO GOOD HYDRATION

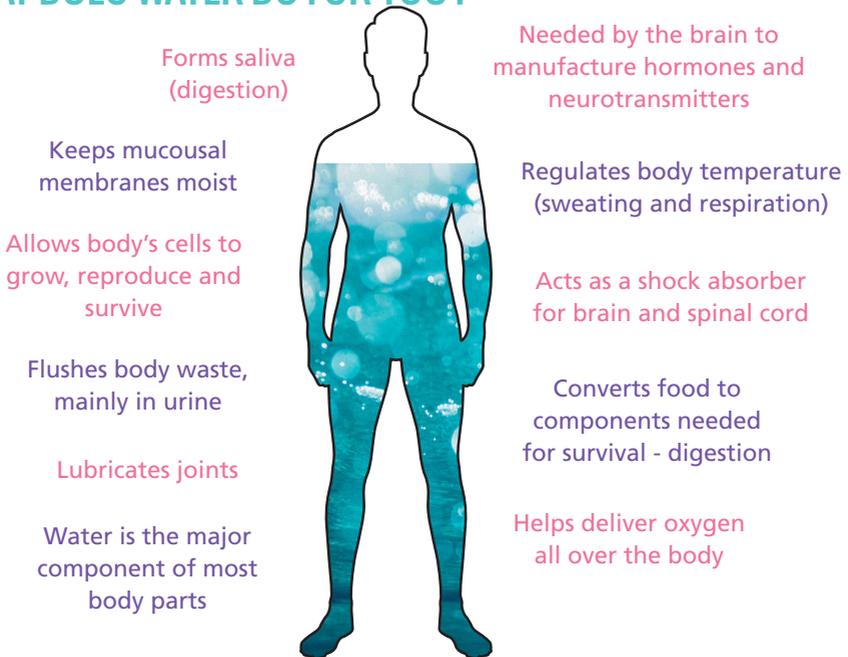
Water is essential for life and has many functions. It is a major constituent of the body and every cell in the body requires fluid. At birth the human body is approximately 70% water, whereas in the elderly it is about 55%.

WHAT HAPPENS IF I DON'T DRINK ENOUGH?

Drinking enough is vital to maintain good health. In the short term if you don't consume enough water you will become dehydrated. The initial signs of dehydration are increased thirst and a dry mouth. Other effects include tiredness, poor concentration, headaches and dizziness or feeling light headed.

In the longer term not drinking enough can contribute to constipation, kidney stones, urinary tract infections and kidney disease. Elderly people are at increased risk of urinary infections and falls if they are dehydrated.

WHAT DOES WATER DO FOR YOU?



HOW MUCH DO I NEED TO DRINK?

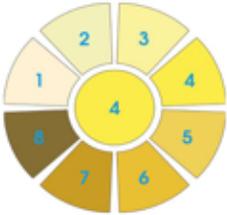
In the UK, drinks provide 70 - 80 % of our water needs; the remaining 20 - 30% comes from food such as soup, stews, ice cream, jelly some fruits such as melon and vegetables such as celery.

The British Dietetic Association advise for adults they should consume:

Men 2000mls
Equates to 8 - 10 drinks per day

Women 1600mls
Equates to 6 - 8 drinks per day

These are average values and an individual's requirement will depend on many factors including temperature, humidity and exercise. Women who are pregnant or lactating will have increased fluid requirements. Warm and dry environments such as air conditioned offices or centrally heated homes increase the need for water as they speed up the evaporation of sweat on the skin. Some people are required to follow a fluid restriction; this will be as advised by your health care professional.



Healthy pee is 1 to 3,
4 to 8 you must hydrate

HOW MUCH DO I NEED TO DRINK?

Thirst is only part of the way we regulate hydration in the body. When you drink you stop feeling thirsty before your body is completely rehydrated. The colour of urine is the best indicator; if you are drinking enough your urine should be a straw or pale yellow colour.

DRINK IDEAS

Water including fizzy and flavoured water

Tea and coffee including fruit and herbal teas

Malt drinks such as Horlicks and Ovaltine and drinking chocolate

Smoothies, Milkshakes, Milk or milk alternatives such as soya

Squash and fruit juice (125ml max)

TOP TIP FOR DRINKING WELL

Start to drink earlier in the day if you are worried about using the toilet at night.

Drink regularly, constant fluid intake is better than 1 or 2 larger drinks. Have between 6 - 8 drinks per day.

Good regular mouthcare as poor oral hygiene can have a serious affect on what and how much you can drink.

In hot weather or warm dry environments (such as hospitals and offices) fluid requirements are likely to be higher. Make sure you have extra drinks to prevent dehydration.

Fluid can be found in food you eat. Foods which will contribute to your fluid intake include: soups, casseroles, milk on cereal and ice-cream, as well as fruit + vegetables.

Always carry a bottle of water or similar with you.



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদা আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.