Stay hydrated

We should aim to have about 6-8 drinks each day.

Here's our top tips on good choices for drinks to help you stay hydrated!!

Healthy Eating Week | British Nutrition Foundation

Did you know...

Drink water

Water is a great overall choice because it hydrates without calories or sugars that can potentially damage teeth.

We get on average a fifth of our total water intake from food! Some foods like fruits and vegetables, and soups and stews have a high water content.

Make the most of milk

Milk contains essential nutrients such as protein, B vitamins, calcium and iodine - choose semi-skimmed, 1% or skimmed milks.

Research suggests that production of plant-based milk alternatives (such as oat, soya or almond drinks) may be kinder to the planet than cows' milk. If you choose these then go for unsweetened versions and those fortified with calcium.

Fruit juices & smoothies

Fruit and vegetable juices & smoothies provide some vitamins and minerals, but also contain sugars (therefore calories). They can also be acidic and may harm teeth so it's best to have them with a meal and have no more than 1 small glass (150ml) a day.

One small glass (150ml) of a combined total can count towards one of your 5 A DAY

Tap water is a healthy & cheap choice to help you stay hydrated - refill your reusable bottle to take with you wherever you go.

Tea & coffee

You can have tea & coffee as part of a balanced diet. But adding sugar adds calories and can harm teeth so it's best to drink them unsweetened. Caffeine in tea & coffee can make us produce more urine, but having moderate amounts shouldn't affect your hydration.

Fizzy drinks, squashes and juice drinks can contain sugar and generally provide few nutrients. Limit or avoid having these and swap them for sugar free or no added sugar versions.

Pregnant women are advised to have no more than 200mg of caffeine a day: equivalent to about two mugs of instant coffee.

Energy drinks can be high in sugars, have high levels of caffeine and contain other stimulants. Most energy drinks say they are not suitable for children on the label.