

# Hydration Boosters:

## Guide to increasing your fluid intake

**DRINK 6 – 8 cups of water or other fluid each day**

### Top tips to increase fluid intake:

- Drinks at regular intervals throughout the day e.g. every hour
- Drink at every mealtime – after the meal, if it is filling you up
- Keep a drink at hand – on the side of your chair or table
- Keep a note of how much you are drinking
- Try to have a variety of different drink throughout the day – choose drinks that you like



**It's not just water that counts towards everyday fluid intake, glasses of milk, homemade fortified milkshakes, juice and cups of tea and coffee count too!!!**

About 20% of all our fluid intake comes from within our food

#### Sweet options:

- Tinned fruit cocktail(115g) =100mls
- 2 pineapple rings = 70mls
- Ice lolly (70g) = 70mls
- Jelly (120g) = 100mls
- 2 scoops of ice cream = 75mls
- Custard (120g) = 90mls
- Instant whip (120g) = 120mls
- Yoghurt (125g) = 95mls
- 1 slice of melon = 140mls
- Cereal with milk = 125mls
- Rice pudding (200g) = 160mls

#### Savoury options:

- Serving of gravy = 50mls
- 1 boiled egg = 40mls
- Cauliflower cheese (90g) = 70mls
- 2 tbsp of mashed potato = 70mls
- 3 tbsp of baked beans = 90mls
- Scrambled eggs with milk (120g) = 80mls
- Small tin of soup (300g) = 265mls
- 1 tomato (85gm) = 80mls
- Cauliflower cheese (90g) = 70mls
- Side salad (100g) = 95mls

**Think, Food First!**

Produced by Berkshire Healthcare Foundation Trust Dietitians reviewed October 2024 review October 2025

*Adapted from Bedfordshire Community Health Services Hydration Boosters resource December 2019*

Urine Colour could be another indicator that fluid intake needs to be increased:



If the urine is colour 4-8 and smelly use the tips above to ensure the resident is hydrated!



#### Increasing fluid levels helps:

- Reduce urinary tract infections (UTI's)
- Reduce falls
- Reduce constipation
- Improve concentration and memory
- Reduce headaches

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