

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:

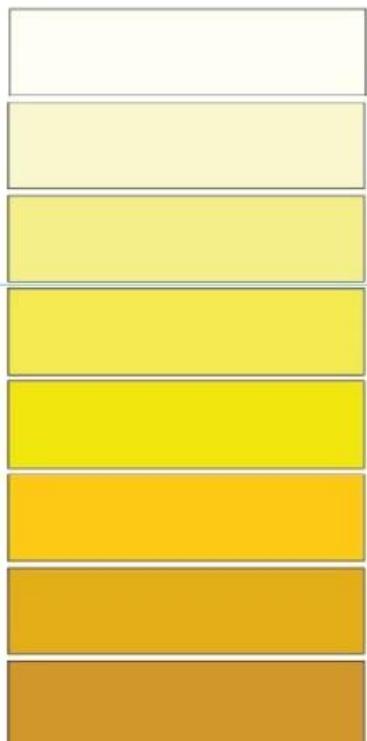
- Serving of gravy = 50mls
- 1 boiled egg = 40mls
- Cauliflower cheese (90g) = 70mls
- 2 tbsp of mashed potato = 70mls
- 3 tbsp of baked beans = 90mls
- Scrambled eggs with milk (120g) = 80mls
- Small tin of soup (300g) = 265mls
- 1 tomato (85gm) = 80mls
- Cauliflower cheese (90g) = 70mls
- Side salad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



1

2

3

4

5

6

7

8

**Healthy Wee
is 1 to 3,**

**4 to 8 you
must hydrate!**

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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