

### Hydration Boosting Foods

Aim to drink at least 1.6- 2 litres, around 8 glasses, of fluid daily to stay well hydrated. Around 20% of our fluid intake is contained within our foods. If you find it difficult to increase the amount you drink, try choosing foods high in moisture as listed below, to maintain a good hydration status. All semi-solid foods count towards your fluid intake.

Fruits and vegetables:		Fluid content
2 rings of pineapple	(80g)	70mls
Stewed apple	(85g)	75mls
4 florets of broccoli	(85g)	75mls
3 tablespoons mixed vegetables	(90g)	75mls
1 tomato	(85g)	80mls
Mixed side salad	(100g)	95mls
Tinned fruit cocktail	(115g)	100mls
1 slice of melon	(150g)	140mls
2 tablespoons mashed potato	(90g)	70mls

Savoury foods:		Fluid content
1 boiled egg	(50g)	40mls
1 small ladle gravy	(50g)	50mls
Cheese sauce	(60g)	50mls
2 tablespoons cottage cheese	(80g)	60mls
Scrambled eggs with milk	(120g)	80mls
3 tablespoons baked beans	(120g)	90mls

Sweet foods:		Fluid content
2 tablespoons cream	(30g)	30mls
Pot of chocolate mousse	(60g)	40mls
Small pot fromage frais/yogurt	(60g)	50mls
Ice lolly	(70g)	70mls
2 scoops ice cream	(120g)	75mls
Small bowl porridge	(110g)	80mls
Individual trifle	(115g)	80mls
Custard	(120g)	90mls
Bowl of cereal with 100mls milk		100mls
Jelly	(120g)	100mls
Instant whip dessert	(120g)	120mls
Rice pudding	(200g)	160mls