

# Role of Fluids

Satisfy thirst the obvious one

Fluids mean the following tasks can take place

Dissolve substances in body

Regulate body temperature

Lubricate joints

Carry nutrients, remove toxins & waste

Every cell reaction in the body requires fluid

Remember 60 % of the human body is made up of water and its needs constantly topping up to make up for the water we lose

# Water is Best

"Water is a basic nutrient of the human body and is critical to human life"

World Health Organization - Water Sanitation and Health (WSH)

Water is best but drinking any non alcoholic fluid helps keep you hydrated



# Hydrate for Health



A handy guide to hydration

Key messages

Drink 6 - 8 drinks per day through out the day  
Drinks should be tasty and not a hardship

Avoid sugary fizzy drinks where possible



# Tips

Can you spice up your drinks - adding lemon or lime to water?

If you drink fizzy drinks can you reduce these and replace with a non fizzy drink?

If you meet someone think .. lets have a cuppa.

Remember

To drink regularly, constant fluid intake is better through out the day, rather than one or two larger drinks.

Have regular dental check ups as poor mouth hygiene can serious affect what and how much you can drink.

Fluid in take is enhance by foods. So having soups,

# How your 6-8 drinks per day could look

Unless directed by a health professional its is advised that 6 -8 drinks day per person are consumed. However the more active a person is the more fluid in take is required.

If a person is ill it is often vital that they maintain regular fluid intake too.

At least 6 -8 small drinks per day  
200ml or 8oz per drink

## Serve drinks around the clock

