

For adults and teenagers

# Healthy Hydration

About  
6-8  
drinks  
a day

We should drink about 6-8 glasses of fluid each day. This can be from a variety of drinks.

## Water

Drink plenty



Water is a good choice throughout the day because it hydrates you without providing extra calories or harming teeth.

## Tea, coffee and other hot drinks

Drink to suit  
(can contain caffeine; limit if pregnant\*)



Provide some nutrients (if milk or fortified plant-based alternatives are added) and some contain caffeine\*. To limit calories, drink without sugar or sugary syrups and with lower fat milks.

## Milk

Have regularly, but choose lower fat



Is a useful source of nutrients including calcium, iodine, B vitamins and protein. Adults and older children should choose lower-fat varieties.

## Sugar-free drinks

Drink in moderation



Provide fluid without extra calories. Drinks like squashes and fizzy drinks are acidic, which can harm teeth.

## Fruit and vegetable juices and smoothies

Can have once a day



Provide some vitamins and minerals. One small glass (150ml) counts as a maximum of one portion of your 5 A DAY. However, they also contain sugars and can be acidic, which can harm teeth so it's best to drink them with a meal.

## Sugary drinks

Limit



Provide fluid but contain calories from sugars, usually without other nutrients, and can be acidic. Sugars and acidity can both be harmful to teeth. Some of these drinks also contain caffeine\*.

## Sports drinks

Only if needed



Are generally only needed if training at high intensity for over an hour. Can be high in sugars.

## Energy drinks

Limit



Can be high in sugars and may contain high levels of caffeine\* and other stimulants. These drinks are not good choices for those under 18 years.

\*If pregnant, limit caffeine to no more than 200mg per day. Visit NHS Choices page on caffeine in pregnancy for more information.

Note: alcoholic drinks don't count towards your fluid intake.