

## Hydration boosters

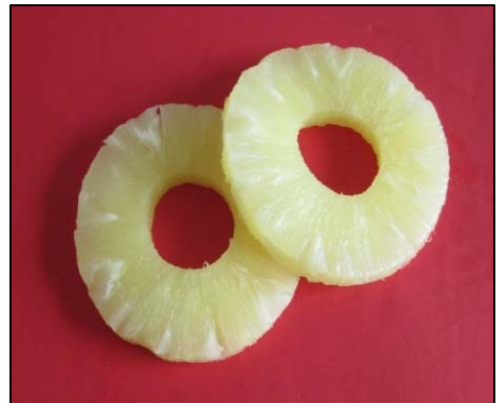
You should aim to have at least 1.6-2 litres (around 6-8 glasses) of fluid per day to stay hydrated. If you find it difficult to increase the amount you drink, try opting for foods high in moisture to maintain a good hydration status.

### Did you know?

Around 20% of our daily fluid intake comes from our food.

#### Sweet options

- 2 tablespoons of cream = 30ml
- Fromage frais (60g) = 50ml
- 2 pineapple rings = 70ml
- Ice lolly (70g) = 70ml
- Stewed apple (85g) = 75ml
- 2 scoops of ice cream = 75ml
- Small bowl of porridge (110g) = 80ml
- Custard (120g) = 90ml
- Yoghurt (125g) = 95ml
- Tinned fruit cocktail (115g) = 100ml
- Jelly (120g) = 100ml
- Instant whip (120g) = 120ml
- Serve cereal with milk = 125ml
- 1 slice of melon = 140ml
- Rice pudding (200g) = 160ml



#### Savoury Options

- Houmous dip (50g) = 30ml
- 1 boiled egg = 40ml
- Serving of gravy = 50ml
- 1 chicken drumstick (90g) = 55ml
- 2 celery sticks = 55ml
- 2 tablespoons of cottage cheese = 60ml
- 2 tablespoons of mashed potato = 70ml
- 3 tablespoons of mushy peas = 70ml
- Cauliflower cheese (90g) = 70ml
- 4 florets of broccoli = 75ml
- 1 tomato (85g) = 80ml
- Scrambled eggs with milk (120g) = 80ml
- 3 tablespoons of baked beans = 90ml
- Side salad (100g) = 95ml
- Small tin of soup (300g) = 265ml



**Tip:** Choosing fluid rich meals or serving foods with a sauce can help improve your fluid intake. See 'keeping hydrated' resource for more hydration advice

## Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas'      **t:** 020 7188 8803 at Guy's      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815      **fax:** 020 7188 5953

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

**t:** 0848 143 4017      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)