



Am I Drinking Enough?



To stay healthy, your body needs fluid as much as it needs food. Water helps regulate body temperature, and aids digestion. As you get older, you may not feel thirsty but your body still needs fluid. It's a good habit to drink often through the day.

In addition to feeling thirsty, if you do not drink enough you might also get:

- headaches
- dizziness
- decreased appetite

How much do you need to drink?

Most adults need at least 1.5 litres, or 6-8 glasses, of fluid each day. Otherwise, your doctor will advise you on how much you should be drinking.

What should you drink?

Fluid means more than only water. Most fluids can be counted in your daily fluid intake:

- water
- tea, green tea, herbal teas, coffee
- milk, buttermilk, ayran, sahlep
- cordial, soft drink
- fruit and vegetable juices, suan mei tang (sour plum juice)
- soups

How can you drink more?

- Have a drink with each meal and snack
 - Fill a bottle or jug with water and drink this during the day (aim to finish the jug or bottle before going to bed at night)

If you are worried about needing to go to the toilet more at night, drink more of the 1.5 litres earlier in the day.

Alcohol is not recommended as part of regular fluid intake, as it tends to dehydrate the body.