



The Challenge

Have at least 6-8 unsweetened drinks every day – water is a great choice.

Why is it important to drink plenty?

- On average, water makes up more than half of our body weight and we need fluid for our body to work properly.
- Water is constantly lost through sweating, breathing and using the toilet, so it is important to drink throughout the day to keep hydrated.
- Being dehydrated can make it difficult to concentrate and may cause headaches and tiredness.

What counts?

In the UK, it is recommended that we have 6-8 drinks every day, as well as any water provided by food. Younger children usually need smaller drink servings (around 150-200ml) than older children, young people and adults (around 250-300ml). The exact amount of fluid we need will depend on many factors, including age, activity levels and the weather.

Healthier drink options:

- water (this is the best option for a regular drink);
- lower fat milks or calcium-fortified, unsweetened dairy alternatives;
- unsweetened tea/coffee (but limit for young children and pregnant or breastfeeding women);
- vegetable/fruit juices and smoothies*.

*100% vegetable/fruit juices and smoothies should be limited to no more than a combined maximum of 150ml a day as they contain free sugars.

Drinks that contain sugars, such as juices, smoothies, soft drinks, milk shakes, and energy and sports drinks, can contribute to energy (kJ/kcal) intake and increase the risk of tooth decay, if consumed regularly.

Energy drinks may contain high levels of caffeine, or other stimulants, so are not suitable for those under 16 years. Breastfeeding or pregnant women should also limit caffeine intake.

Water is a great choice throughout the day as it hydrates without adding energy (kJ/kcal) or risking harm to teeth.

Stay hydrated tips

- Have a drink with meals.
- Keep a reusable water bottle on hand to sip throughout the day.
- If you like sweet drinks, choose sugar-free versions.
- Have plenty to drink before, during and after physical activity.
- Have regular drinks – don't wait until you feel thirsty!

#greattohydrate