

Let's Talk Drinks

Up to 60% of your body weight is made up of water.



Water is lost when you breathe, wee and sweat.



It is important to drink lots throughout the day to stay hydrated.



6-8 glasses a day.

Water, lower-fat milk and sugar-free juice are the best choices.



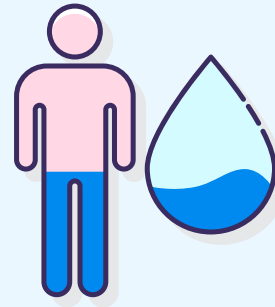
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Drink 6-8 glasses every day to stay hydrated.

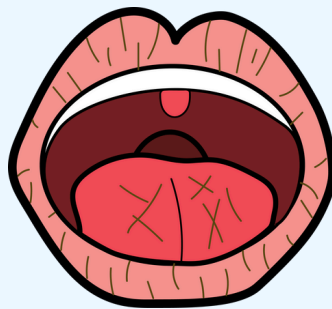


6-8 glasses a day.

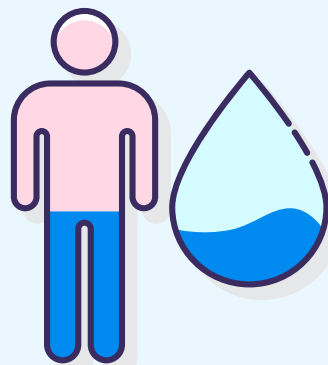
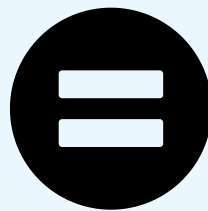
Dehydration is caused when we don't drink enough.



Dehydration can cause headaches, a dry mouth and poor concentration.

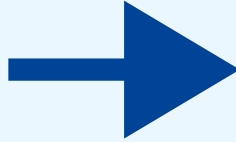


When you feel thirsty, you are already a little dehydrated.



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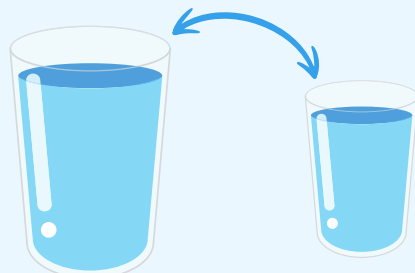
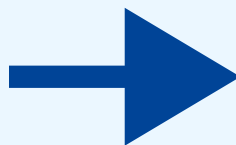
If you are playing sports or being active, you may need to drink more.



Be well-hydrated before you start playing.

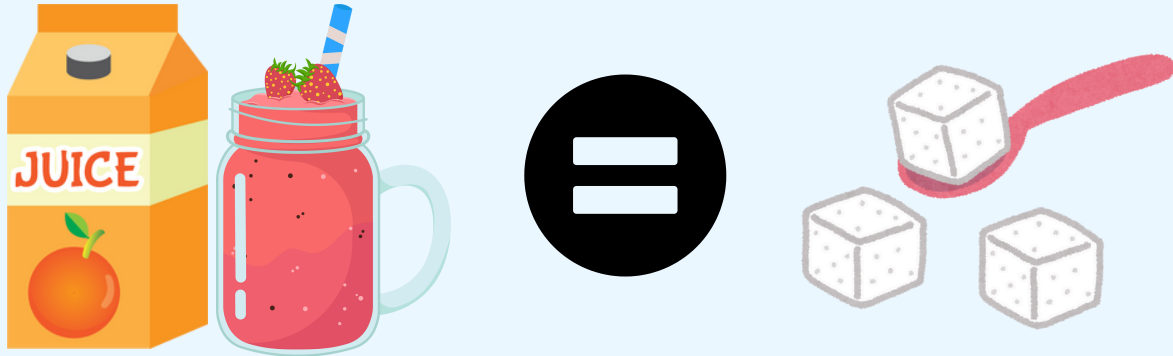


How active you are and how hot it is will affect how much more you need to drink.

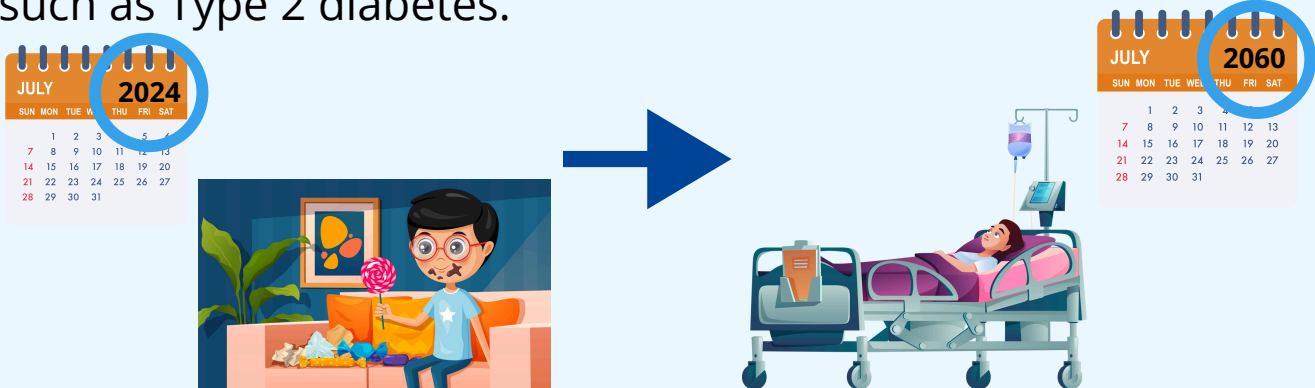


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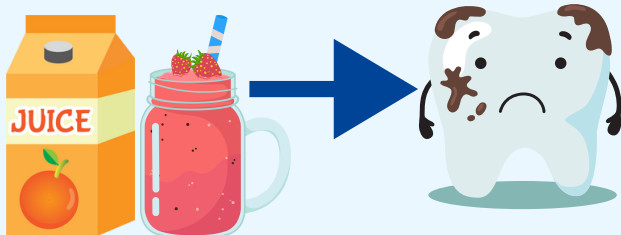
Fruit juices and smoothies are high in sugar.



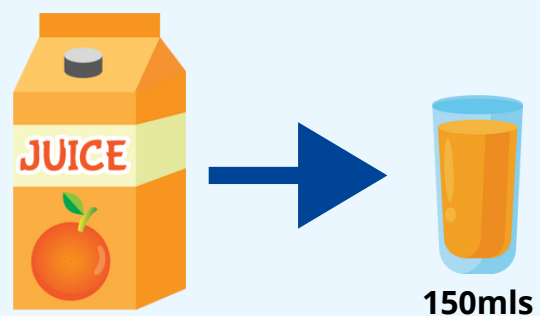
Over time, having too much sugar can lead to health problems such as Type 2 diabetes.



Fruit juices and smoothies can damage your teeth.



Drink up to 150mls fruit juice or smoothie per day.



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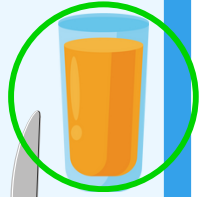
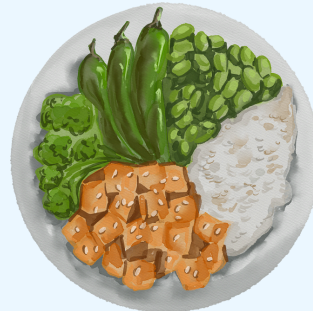
Smoothies and fruit juices only count as one of your five a day.



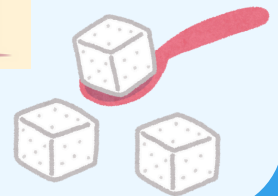
150mls



Drink fruit juice with a meal.



Energy drinks usually contain high amounts of sugar and caffeine



Energy drinks are not suitable for children and young people.

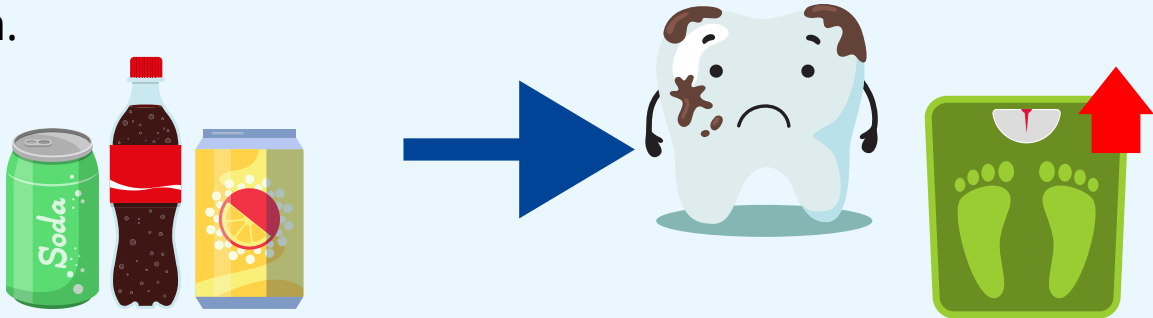


Energy drinks can cause problems with your sleep, mood swings and weight gain.

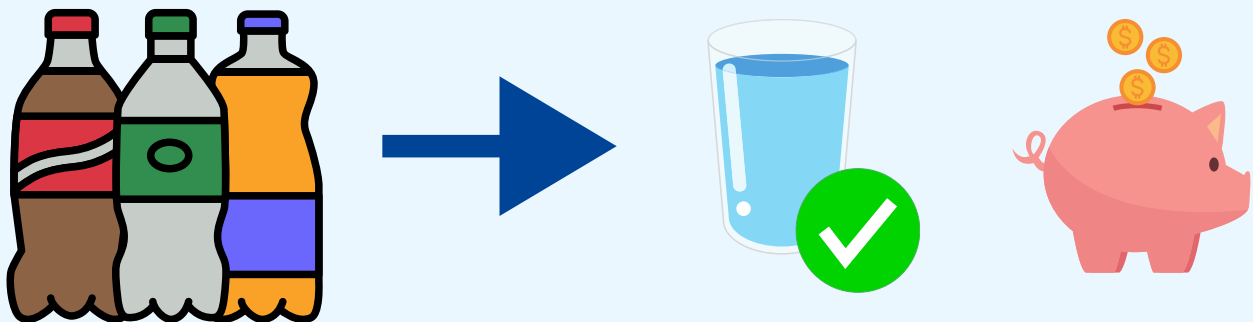


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Fizzy drinks often contain sugar and/or sweeteners, which can lead to problems with your teeth and lead to weight gain.



Stop buying one bottle of fizzy drink a day, and you can save £438.



Scan the QR code to download an app to find places you can refill your water bottle for free.

