



Central Coast
Local Health District

Healthy Bites Episode 8 – Fluids

Hi, I'm Sophie, a public health nutritionist from Central Coast Health.

I wonder, have you had enough fluids today?

The amount of fluid we need each day does not change with age, even if we don't get thirsty as often as we used to.

Having enough fluid every day helps the body to run well. It keeps the kidneys working, and helps prevent constipation, dehydration and urinary tract infections.

Whilst some health conditions require specialist advice, most people need to drink about 6 to 8 cups of fluid each day, and more in hot weather or if you are unwell.

Having a glass of water, a cuppa or milk drink at each meal and snack time (thirsty or not) will go a long way towards meeting your daily fluid needs.

So, how many cups have you had today?