

## Community Dietetic Service

Beckenham Beacon

379 Croydon road

Beckenham

BR3 3QL

Tel: **0300 330 5777**

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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# Improving your fluid intake

**Bromley Adult Community Dietitians**

**Drinking fluid is as important as eating your meals and taking your medication. Your body needs fluid for many of its functions but it is particularly important in helping your kidneys work well. If you don't drink enough you may become constipated, prone to headaches, tiredness and urinary tract infections.**

### **How do I improve my fluid intake?**

- Try to drink 6 to 8 cups of fluid every day (2 to 3 pints) even if you don't feel thirsty.
- Have a drink with all meals and snacks.
- Try making your snack a drink e.g. milk, soup.
- Introduce more fluid rich foods to your diet.

### **Good sources of fluid**

#### **Drinks**

- Yoghurt drinks
- Milkshakes
- Smoothies
- Milk
- Tea / coffee
- Beefy drink
- Fruit juice
- Hot chocolate
- Squash
- Malted milk drinks



#### **Main meals**

- Stews meat / poultry based
- Cottage pie
- Shepherds pie
- Fish pie
- Any dish with gravy / sauce base
- Eggs / omelette



#### **Desserts**

- Jelly
- Yoghurt
- Custard
- Sorbet
- Ice cream
- Cream
- Angel delight
- Mousse
- Evaporated milk
- Milk pudding



#### **Other foods**

- Gravy
- Sauces e.g. white, tomato ketchup
- All fruit except dried fruit
- Cottage cheese
- All vegetables

