

Fluids

Adequate fluid intake is essential for maintaining good health – the human body can survive for weeks without food if necessary, but only days without water.

Regular fluid intake is needed to make up for losses from the skin, lungs and urine. Recommended fluids include water, fruit juices, cordial, smoothies, tea, coffee and whole fruit.

The amount of fluid needed varies depending on body size, temperature and activity levels. For most people, between 6 and 8 cups (about 250ml per cup) per day is recommended.

Higher fluid intake is necessary in some circumstances, for example:

- To prevent constipation on a high-fibre diet
- During pregnancy and breastfeeding
- If vomiting or diarrhoea is present
- In hot conditions
- During periods of vigorous or very physical activity

If fluid intake is too low, physical abilities such as walking and transferring, concentration and general health can be affected.



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