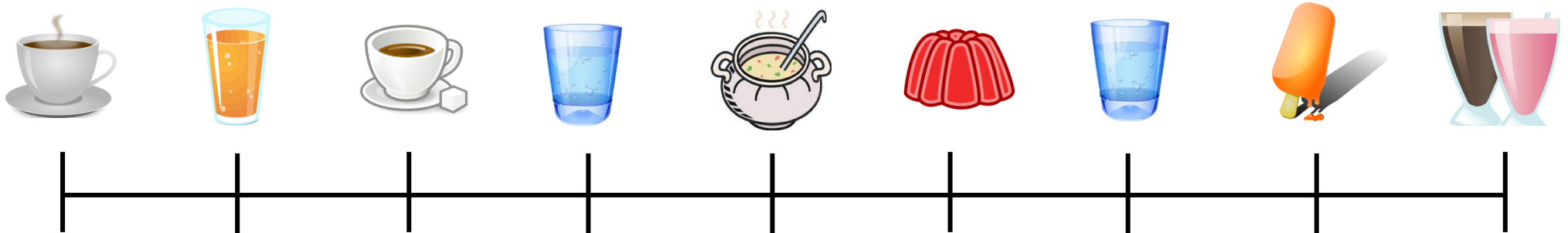


# THINK DRINK!

**Adults are recommended to aim for 6-8 glasses of fluid a day. *How many have you had today?***

**Aim for a drink at least every 2-3 hours to achieve this!**



Did you know all fluids count? It doesn't just have to be water...Why not try flavoured squash, tea, coffee, milk, milkshakes, smoothies, juices or even jelly, soups or ice lollies?