

Daily fluid intake chart 1 small cup equals 150ml approx.

Name: _____ Date of Birth: _____ NHS No: _____ Week Commencing: _____

DAY	TIME	Type of drink/quantity	TIME	Type of drink/quantity	TIME	Type of drink/quantity	TIME	Type of drink/quantity	TIME	Type of drink/quantity	TIME	Type of drink/quantity
MON												
TUES												
WED												
THURS												
FRI												
SAT												
SUN												

The Department of Health recommends that we should drink about 1.2 litres of fluid every day. This works out to be about six 200ml or eight 150ml glasses. The total amount of fluid we lose each day and need to replace is in fact greater than this – about 2.5 litres – but we get 1 litre of the fluid we need from food and the body recovers 0.3 litres from chemical reactions in our cells. The rest needs to be taken from drinks. All drinks count, but water, milk and fruit juices are the healthiest.