

Watch what you drink!

Make sure you drink enough

Each day most adults should aim to drink about:

- 2 to 3 pints or 1½ to 2 litres

This is approximately

- 5 to 7 mugs, or 8 to 10 cups



Choose a variety of healthier drinks

Good choices include

- Water
- Well-diluted diluting juice
- Tea and instant coffee also count, but if they contain caffeine try to space out over the day and drink no more than 4 or 5 cups.

Guide to the calorie content of some drinks

- Some drinks are higher in calories, and if drunk often or in large amounts can lead to weight gain.
- Look at the information in the table to get an idea of the calorie content of different drinks.
- The calorie contents shown are for 330mls of each drink – that's roughly the same amount as a mug or a can of juice.

If you have Type 2 Diabetes please note:

- Sugary fizzy drinks are high in calories and contain high amounts of free sugar. They should be avoided to help control blood sugar levels.
- Fruit juices, smoothies and milky drinks can also affect blood sugar levels. They are not recommended as daily drinks.

Drink	Calories
Plain water	0
<i>Sugar-free or No added sugar</i> juice or water	0 - 10
Flavoured water (containing sugar)	40 - 60
Diluting juice (diluted to manufacturer's instructions)	100 - 140
Black tea or coffee	0
Tea or coffee with milk and 1 teaspoon sugar	30
Latte (made with skimmed milk)	100
Latte (made with full fat milk)	180
Skimmed milk (red top)	110
Semi skimmed milk (green top)	170
Full-fat milk (blue top)	210
Pure fruit juice or fruit smoothie	140 - 180
Fizzy drink (containing sugar)	100 - 150
Fizzy drink (diet type)	0 - 5

*Calorie contents given are as a guide only – check the label on your own drinks.