

# Fluids



## Glass of Milk

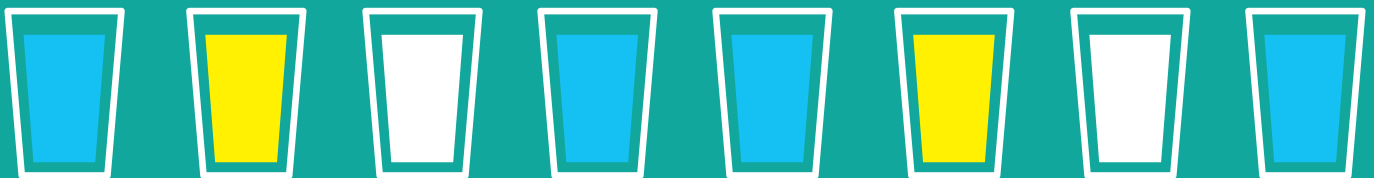
**Helps to build and maintain healthy bones**

Go for semi, 1% or skimmed. Limit flavoured milk, milkshakes and those with added sugar!



## Juice & Smoothies

**Can contribute one of your 5 a day**  
Go for just one small glass (150ml)



**Aim for 6-8 glasses of fluid daily**

**Glasses of water are ideal**

No calories or sugar. Add a slice of lemon or lime!

## Limit intake of...



**High caffeinated and sugary drinks including energy drinks**

All often high in calories, sugar and caffeine can cause issues around weight and both decay and offer little or no nutrients!

**together**  
we can

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