

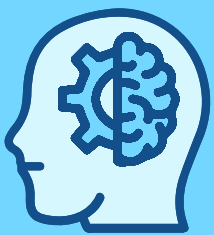
Are you drinking enough?

Aim for:

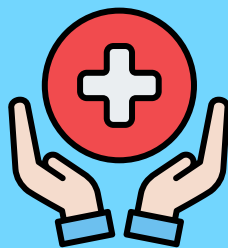
- 6-8 glasses or mugs per day
- Pale straw coloured urine



Why it matters:



Supports brain function and mental well being



Promotes overall health and wellbeing



Helps maintain a strong immune system



Supports energy and concentration

Don't forget! Fruit juice, milk, tea and coffee also count towards daily fluid intake

Fill up and hydrate at our trust restaurants today