

Stop Infection, Drink More!

**Greater
Manchester
Nutrition &
Hydration**

Please follow: @GMNandH



Aim for 6–8 drinks
per day, unless
advised otherwise
by your GP



Choose drinks that
you like and are
likely to finish

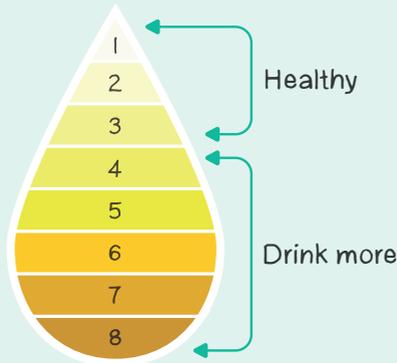
Drink more in
the morning if
you worry about
getting up at night



Do not wait until
you feel thirsty
to have a drink



What colour is your urine?



Healthy wee
is 1 to 3,
4 to 8
you must
hydrate

N.B. urine colour can be used as an indicator only, dehydration may not be the only reason for dark urine, for further information go to www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration

For more information call your local Age UK

Bolton: 01204 382411

Bury: 0161 763 9030

Oldham & Rochdale: 0161 633 0213

Manchester: 0161 833 3944

Salford: 0161 788 7300

Stockport: 0161 480 1211

Tameside: 0161 308 5000

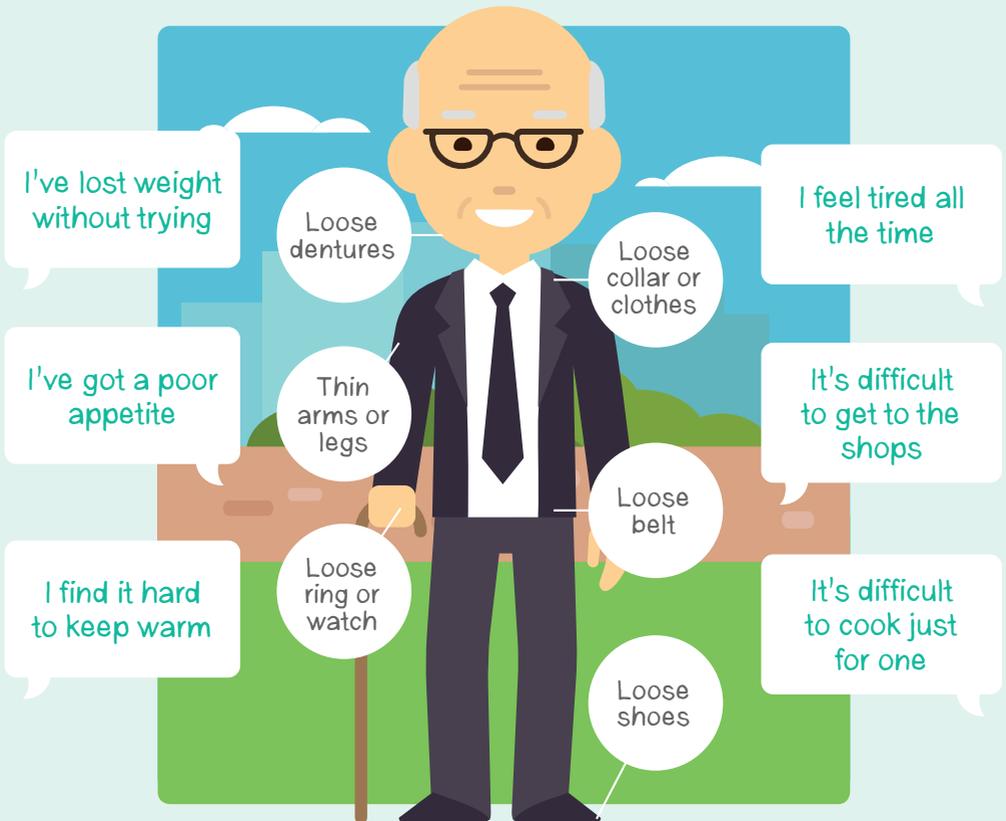
Trafford: 0161 746 9754

Wigan Borough: 01942 241972

Losing weight is not a normal part of ageing

Greater
Manchester
Nutrition &
Hydration

Notice any of the following signs?



If so, download the **Eat, Drink, Live Well** booklet from: www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources
or call 0161 788 7300 to request a copy in the post.

PaperWeight
helping fight malnutrition

For more details visit:
www.ageuksalford.org.uk

GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY

NHS
in Greater Manchester