Food & fluid myths in hospital

Myth 1: Drinking fluid is NOT as important as eating food

FALSE

Water makes up **two thirds of our body** and we need to drink enough to **maintain a healthy balance**.

We should aim to drink **eight cups or mugs** of fluid regularly throughout the day (unless otherwise advised).

For further information: [www.nhsggc.org.uk/foodfirst](http://www.nhsggc.org.uk/foodfirst)