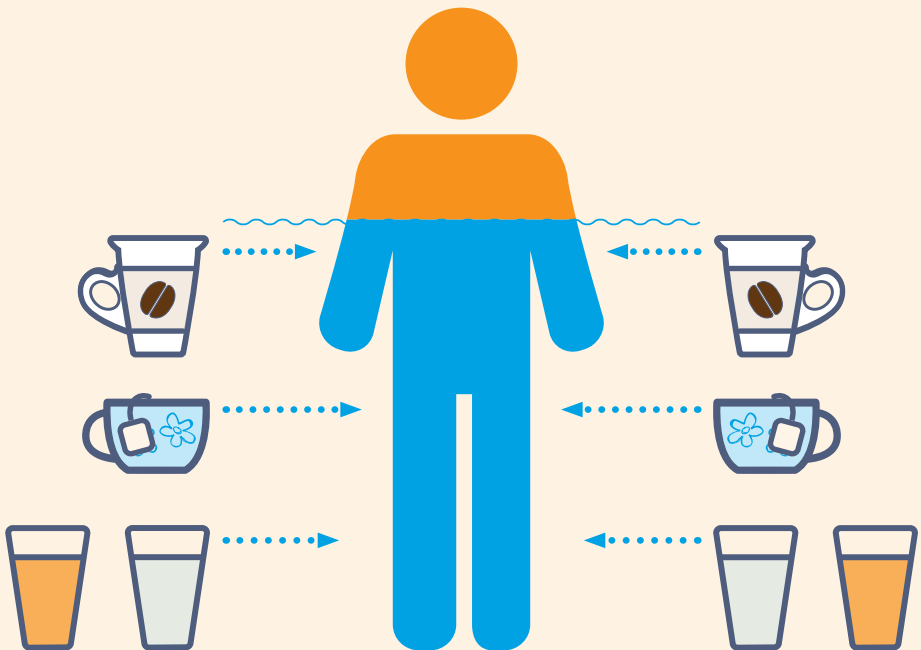


# Food & fluid myths in hospital

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).