



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



It's important to stay hydrated whilst you are in hospital this will help lead to a speedier recovery.

SO WATER KEEPS ME WELL – BUT CAN I DRINK ANYTHING ELSE



YES!



Besides water,
DRINKS THAT ARE MOSTLY DILUTED WITH WATER
are fine too, such as:

TEA, COFFEE & SQUASH



ACCORDING TO RESEARCH

by Welsh bottled water brand Brecon Carreg:

Nearly
50%
of people in
Wales

don't know that
TEA+COFFEE COUNTS
as part of
DAILY WATER INTAKE

(Brecon Carreg, poll of 1,000 Welsh residents, December 2014)