

# 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

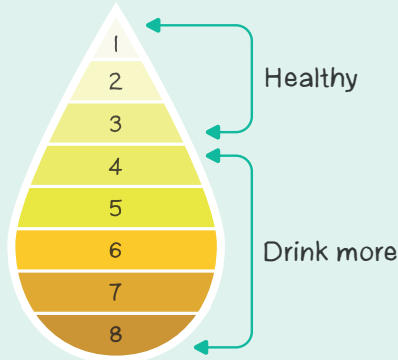
Drink more in  
the morning if  
you worry about  
getting up at night



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](http://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

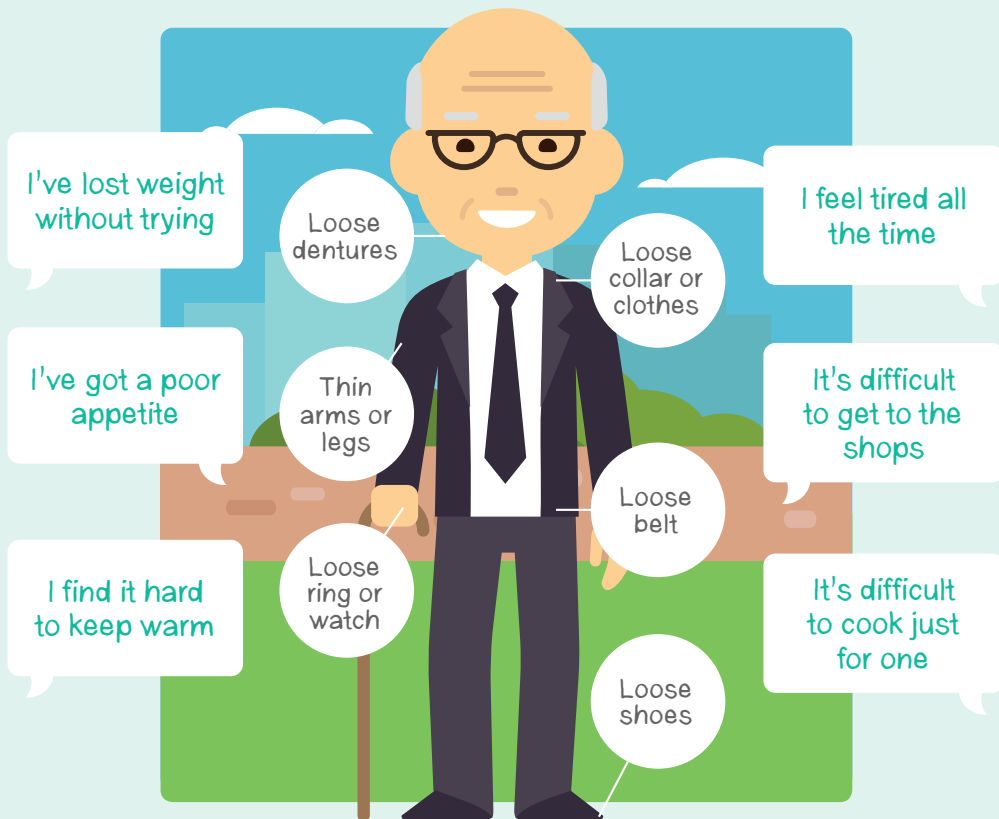
**Trafford:** 0161 746 9754

**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](http://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](http://www.ageuksalford.org.uk)

**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY

**NHS**  
in Greater Manchester