Tip of the week – **“Think before you drink!”**

When aiming for your 2 litres of fluid per day, all drinks are absolutely not created equal!

Try not to drink large quantities of tea, coffee or cola-based drinks. Caffeine can prevent your body absorbing vitamins and minerals, such as iron, and it also increases the excretion of the water-soluble vitamins through urine. Instead, stick to water wherever possible.

It’s also worth noting alcohol is toxic to your system so do try and moderate your alcohol intake. This means sticking to government guidelines of 14 units per week for women and 21 units for men.