



WHAT TO DRINK

Eurodiet shakes and drinks are counted as one of your daily Eurodiet meals and **not** your daily fluid intake

You should drink a minimum of 2 litres of fluids a day in the form of;

- Water, bottled or tap, still or sparkling
- Teas (green tea, herbal teal, black tea etc)
- Coffee



Bored of water? Why not try a eurodiet lemon or mint stick'o sachet for a refreshing change to water! Just add 1 sachet to 1.5 L of water and enjoy!

Order a box of 15 sachets from our website!

Fizzy diet drinks are not advised, however having a 'diet' can, as a treat once in a while will not alter the diet!

Alcohol can be introduced from **Phase 3B**, but limit your intake to once or twice a week with the following recommendation.

- 150ml glass of red / white / sparkling wine
- 250ml of beer

IMPORTANT

You can use a splash of milk in your tea and coffee but make sure it is **skimmed (red top)**.

You can use a sweetener if you are struggling not to have sugar, until you have lost your 'sweet' cravings.

DRINKS TO STAY AWAY FROM

- Commercial fruit juices and sugar sweetened drinks
- Alcoholic drinks in Phase 1, 2 and 3A
- Aperitifs, sweet and fortified wines, brandies, whiskies and liqueurs should be avoided altogether