

HYDRATION

FACTS

- Water is the body’s “power source” and increases energy by providing nutrients to the cells.
- Even mild dehydration can cause symptoms such as:
 - Fatigue
 - Thinking less clearly
 - Lightheadedness
 - Dry mouth
 - Dry skin
 - Sunken eyes
- The impact of dehydration may be felt the day after fluid intake was limited.
- Aging causes a decreased sense of thirst; therefore, dehydration is well underway when this symptom first appears.
- Caffeine and alcohol are dehydrating, so avoid them as much as possible.
- Avoid liquids after 7pm to reduce nighttime trips to the bathroom.

RECOMMENDED DAILY FLUID INTAKE

- Six-to-eight 8oz cups of fluid per day

STRATEGIES TO INCREASE FLUID INTAKE

- Gradually add fluid each day until the recommended amount is achieved, starting with fluids at each meal then adding a cup between meals.
- Prefill a pitcher with 48-64oz of water at the start of the day and consume the contents throughout the day.
- In the morning set out four 16oz bottles of water and drink them throughout the day.



- Keep ready-to-grab water in locations that are frequently visited during the day such as near the easy chair, in the TV area, or at the kitchen table.
- Eat soup with crackers and cookies dunked in milk.
- Drink caffeine-free tea and hot chocolate.
- Add broth and sauces to meats and veggies.
- Drink milkshakes or smoothies made with yogurt and fruit.
- Add fruit slices to water to add flavor, such as berries, lemons, limes, melons, or cucumbers.
- Find a hydration buddy in the home who will work to consume the recommended amount too!