

# Water

- ⇒ Transports nutrients
- ⇒ Carries away waste
- ⇒ Moistens eyes, mouth & nose
- ⇒ Hydrates skin
- ⇒ Ensures adequate blood volume
- ⇒ Protects against heat exhaustion
- ⇒ Acts as insulation in the cold
- ⇒ Helps carry medicines to the proper places in the body

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Additional Resources:  
Nutrition & Health For Older Americans

**Questions:** Contact your local Health District Office.

## Recipes Recipes

### Warmer Uppers:

- Simmer cranberry juice with cinnamon, cloves, allspice, and orange peel for about 20 minutes. Strain. Stir in fat-free milk, dry powder, and vanilla extract. Heat through.
- Add anise seed, ground cinnamon, and ground cloves to ground decaffeinated coffee. Prepare coffee as usual. Lighten with warm milk.
- Scoop chocolate swirl frozen yogurt into a mug. Pour hot cocoa or decaffeinated coffee over the top. Stir with a cinnamon stick.

### Cool Quenchers:

- In a blender, puree melon chunks or peach slices with buttermilk, crushed ice, and a touch of ginger or cinnamon.
- Combine one 6-ounce can of grapefruit juice concentrate with two 12-ounce cans of chilled club soda or sparkling water. Serve with a sprig of fresh mint.
- In a blender, puree berries, pineapple chunks, and frozen limeade concentrate. Add some fresh mint, if desired.

Fit and Fall Proof

Hydration Information



Did you know?





Dehydration is one of the 10 most frequent diagnoses for admission to the hospital for patients aged 65 and older.

In older adults, the water content of the body decreases from about 60% of total body weight to roughly 45%. Maintenance of fluid balance is essential to good health and recovery from surgery, illness, or injury.

Fluid losses of 10% or more can cause changes in cognitive status. Early signs of dehydration include the following: headaches, fatigue, loss of appetite, heat intolerance, lightheadedness, dry eyes and mouth, dark urine with a strong odor and constipation.

You actually lose significant fluid just sitting in an air-conditioned car or office. Frequent drinks of water during a long car trip will reduce road fatigue.

As we age, our body loses some of its ability to regulate fluid levels. Our sense of thirst is often reduced, so older people tend to drink less. Some conditions also reduce our ability to recognize that we are thirsty and need more fluid. It is common to need more fluid than usual during fever or infection, as well as when taking diuretic or laxative medications.



**Don't wait...**

until you are thirsty to decide to drink. Fluid replacement should be part of your daily physical activity plan.



## Water, Water Everywhere!

If you need some help adding water to your daily routine, try these tips:

- ◆ Take "water breaks" throughout the day.
- ◆ Have a glass of water, decaffeinated tea or juice with your meals. Start off with a cup of soup.
- ◆ Never pass by a water fountain without taking a sip!
- ◆ Drink water before, during, and after physical activity.
- ◆ Take a bottle of water with you in the car, on the train, or on the plane.
- ◆ Remember that only *decaffeinated* coffee counts toward meeting your daily fluid intake goal of 48 to 64 ounces.