

Are You Staying Hydrated?

Nutrition Notes by Jeannine



Consuming enough liquids is crucial for many reasons. Proper hydration improves cognition, mood, and quality of sleep. Did you know it also helps prevent infections, keeps organs functioning properly, lubricates our joints, and helps deliver nutrients to our cells? With age, however, the mechanisms responsible for signaling the body that we need fluid diminishes, so we must become intentional and plan our daily intake. In fact, if you are feeling thirsty that is usually a sign that your body is already dehydrated!

On average, an adult need to consume a minimum of eight cups of fluid daily. It really does sound straightforward, but most people rarely meet their recommended daily intake.

Most of your fluid needs are met through the water and beverages you drink but you can also get fluid through some of the foods you eat, especially fruits and vegetables. Water is the best source of hydration, but people struggle to drink enough of this flavorless drink. In fact, in the United States, plain water intake is lowest in the older adult population. Here are some simple tips to improve your overall water consumption:

- Drink from a straw
- Carry a 32-ounce container and fill it twice a day with water
- Set a timer and drink 8 ounces every hour from breakfast to dinner

Of course, there are many other beverage options besides water that can be included as part of a healthy diet. Plain coffee or teas, sparkling water or seltzer, and flavored waters are also low-calorie acceptable choices. Low fat or fat free milk, fortified milk alternatives, and 100% fruit juice can be consumed as well although these are not calorie free so they should be enjoyed within recommended calorie limits. Regular soda, fruit and sports drinks, and sweetened teas and coffees have little nutritional benefit and should be limited.

Nutrition Education Quarterly Topic:

Tips for Cooking for One:

Jeannine Gaillardetz, RD, Nutrition is providing education for seniors at each of our Dine-In Sites during lunch service.

Here is the November schedule:

- November 13, 2024 – Pioneer
- November 20, 2024 – Cameron Park