



Nutrition Education



Rethink Your Drink

Water is your best choice for drinking.

You can drink water plain, carbonated, or even add a slice of orange, lemon, lime or cucumber for great flavor and no calories

In the East Bay we have access to excellent water, so bottled water is unnecessary.

Other great choices are non-fat or low-fat milk and 100% fruit juices (limit juice to 1/2 cup per day).

Information obtained from:
Area Agency on Aging

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Be Sure to Drink Fluids

As we get older we are more prone to dehydration since our thirst reflex does not work as well. We begin to miss the signs of thirst in a timely way because our blood vessels are less flexible. That causes our brains to not realize we are thirsty.

Dehydration is a primary cause of falling among older adults. Even mild dehydration can make us weak and confused, cause urinary tract infections, low blood pressure, and can lead to severe health risks like heat stroke.

How you can ensure you are getting enough fluids:

- Drink something with every meal, snack or pill you have.
- When you feel thirsty don't wait; this is your body's signal that it needs water.
- Eat foods with high moisture content like fruits or vegetables.
- Generally, 6 – 8 glasses of fluids per day are appropriate (unless medical conditions, such as congestive heart failure, rule out this amount). **Monitor urine output. If your urine is yellow or has a strong smell, you are not drinking enough!**
- Drink frequently during the daytime, rather than drinking large amounts at one time.
- Keep drinking water available throughout the day wherever you are (in bed, on the patio, in a favorite seating area in the house).
- Remember, if you are on diuretics ("water pill"), you need to drink MORE fluids and are at higher risk of dehydration.