Re-Think Your Drink- Ways To Stay Hydrated

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

What are the signs and symptoms of dehydration? Your body loses water by sweating, breathing and getting rid of waste. If you lose more fluid than you take in you can get dehydrated. Signs and symptoms of mild dehydration include: thirst, dry lips and mouth, flushed skin, tiredness, irritability, headache, dizziness, fainting, low blood pressure, increase in heart rate and dark urine.

Be Sure You Are Getting Enough to Drink….. Fluid helps keep you healthy and energized. It also: controls your body temperature, aids digestion, carries nutrients around your body, protects tissues, spinal cord and joints, and it helps get rid of waste and keep your bowels regular.

Tips for Staying Hydrated: You don't have to drink only plain water to get and stay hydrated. Fruits and vegetables contain water, as well as coffee, tea, fruit juice, and soda. It is fine to consider these types of beverages in your overall water consumption; but be sure to limit sugary soda and caffeine.

Some older adults, especially those with dementia resist drinking fluids. It can be fun for those who are resistant to drinking water to experiment with beverages at different temperatures, such as decaf iced coffee with cream, adding plain soda water to juices and making popsicles out of juice. On a chilly day, a nice hot cup of broth not only warms, it also provides savory hydration.

Not Drinking Enough Water? "Eat" Your Water! Not only can fluids contribute to proper hydration, but consuming fruits and vegetables with a high water content can contribute to proper hydration needs. If you have difficulty meeting your hydration needs through fluids, try incorporating more high water content fruit and vegetables into your diet such as watermelon, cucumber, lettuce, tomatoes, broccoli, celery, pineapple, and many more!

Berry Watermelon Hydration Smoothie

½ cup coconut water
2 cups frozen berries
1 cup seedless watermelon, diced
½ cup vanilla flavored yogurt

Blend together in a blender at slow speed for 30 seconds and increase to high speed and blend for another 30 seconds. If the smoothie is too thick, add a little water one tablespoon at a time and blend again. You can also toss in a couple ice cubes. Enjoy!