

## SENIOR CENTERS

## Drink to Your Health!



Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones and other conditions.

Older adults face a greater risk of developing dehydration because total body water decreases with age. Therefore, an adult over 60 years old has less water to lose before becoming dehydrated.

**Water helps your body:**

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

**Your body needs more water when you are:**

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

**Water, Water Everywhere**

- Most of your fluid needs are met through the water and beverages you drink. You can get some fluids through the foods that you eat – especially foods with high water content, such as many fruits and vegetables.
- There are many other beverage options besides water, and many of these can be part of a healthy diet. Beverages vary in their nutrient and calorie content.
- Low or no calorie beverages: Plain coffee or teas, sparkling water, seltzers, and flavored waters, are low calorie choices that can be part of a healthy diet.
- Low fat or fat-free milk, fortified milk alternatives such as unflavored soy or almond milks, or 100% fruit or vegetable juice contain important nutrients such as calcium, potassium, or vitamin D. These drinks should be enjoyed within recommended calorie limits, choose low sugar options.

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**Staying Hydrated**



It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

Grandmother drinking water with her grandson  
With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories.

**Try these tips for getting enough fluids:**

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars or sodium.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

