



Photo courtesy of Pixabay.com

EAT WELL, CARE WELL. EASY TIPS TO INCREASE FLUID INTAKE

Proper hydration is critical for several reasons, but it can be a challenge especially if the person you are caring for does not like water. Here are some easy, healthy water add-in tips and ideas to try.

Preparation. Pre-chop your choice of fruits and/or veggies that you would like to try adding to water. You can add these to any type of water bottle you desire, but what some people have found most effective is infusion bottles. You can also just add to a glass or pitcher.

LEMONS – in your water have so many benefits. By just putting them in your water it helps your digestion process because the acid breaks down the food more effectively. This also helps you stay hydrated all day. Clear urine is a simple way to know if you are getting enough fluids.

CUCUMBERS – carry extra vitamins and minerals such as Vitamin A, B-6, C, as well as magnesium, and calcium. They also enhance your body's muscle and bone health from all the vitamins and minerals. Of course, they also keep the hydration high!

Colored Glass or a shaped glass- pouring water into a colored or shaped glass can create the perception of drinking a favorite beverage or cocktail.

Source: Cleveland Clinic <https://health.clevelandclinic.org/>

WEEKLY CHALLENGES

TRY ADDING FRUITS
TO YOUR WATER

TAKE A LOOK AT YOUR
URINE TO CHECK IF
YOU'RE HYDRATED

TRY ONE OF THE
SMOOTHIE RECIPES
BELOW

PRE-CHOP A TASTY
VEGETABLE FOR YOUR
WATER

DID YOU KNOW?

YOU MIGHT THINK YOU
ARE HUNGRY, WHEN
YOUR BODY IS
ACTUALLY CRAVING IS
WATER.

Pineapple Coco-Mint Smoothie Recipe

Ingredients

- 1 1/2 oz swiss chard
- 4 oz pineapple
- 1 apple - chopped
- 3 sprigs mint
- 1 tbsp flaxseed
- 1 cup coconut water
- 1 cup ice



Instructions

1. Put all ingredients into a blender and blend until all chunks are removed.
2. Serve (coconut water is one of the best ways to hydrate your body as well as your skin)

Hydrating Berry Green Smoothie

Ingredients

- 1 cup frozen strawberries
- 1 cup coconut water
- 6 ounces plain Greek yogurt
- handful baby greens (spinach, kale, etc.)



Instructions

1. Combine all ingredients in a blender and blend until smooth.

Sources:

Photos courtesy of Pixabay.com and Pexels.com

<https://greenblender.com/smoothies/recipes/taste-nirvana-pineapple-coco-mint> and <https://www.runningtothekitchen.com/tips-for-hydration/>