



# Hydration

## LET'S TALK ABOUT WHY IT IS IMPORTANT TO HYDRATE

- It is especially important to drink more water as we age, even if we don't feel thirsty.

WHY?



- There is a decline in thirst as we age- so even if our body needs water, we still might not feel thirsty. This makes it easier to get dehydrated, which can lead to confusion, dizziness, or even falls
- Water helps our body to deliver nutrients to your cells and remove waste products from your body — you can think of it like how oil keeps a car running. Water supports digestion, clarity, prevents constipation, and protects joints & muscles. Water is especially important to help keep your body cool in the heat or keep you warm in the cold



## Water Recommendation

51-70 Male: 15 cups /day

Female: 11 cups/day

Age 70+ Male: 11 cups/day

Female: 9 cups/day

## Na (Sodium)

Recommendation:

51-70 Male: 1,300 mg/day

Female: 1,300mg/day

70+ Male: 1,200mg/day

Female: 1,200mg/day

Found in table salt and is an additive in many of our foods.

Most adults in the U.S. consume too much sodium

## What Counts as Water?



Food and beverages that contain water. For example, tea is made of water, and many fruits and vegetables have a high-water content.

## Electrolytes?

These help to regulate fluid balance and can keep you hydrated

Two main electrolytes:

1. Na (Sodium)
2. K (Potassium)

## K (Potassium)

Recommendation:

51-70 Male: 4,700mg/day

Female: 4,700mg/day

70+ Male: 4,700mg/day

Female: 4,700mg/day

Found in many fruits & vegetables such as bananas, sweet potatoes, spinach, avocado, etc. Deficiency is generally rare but medications like laxatives can increase the risk. Certain health conditions require limiting potassium intake. It is always important to consult your healthcare recommendations

## Sodium & Potassium Balance

The minerals, sodium & potassium, work in harmony for fluid balance. Maintaining this balance helps keep your muscles functioning, supports stable blood pressure, and keeps your body hydrated. When sodium intake is too high & potassium intake is too low—a common issue—your body will retain extra fluid, which can lead to elevated blood pressure or swelling.

That's why it's important to lower salty food intake and include more potassium-rich foods in your diet, such as bananas, leafy greens, and potatoes

Quick Hydration Tips

Drink water and water-containing drinks with your meals and medications

Always keep a reusable water bottle nearby

Enjoy hydrating foods/drinks

Try herbal teas

Sip slowly and steadily throughout the day

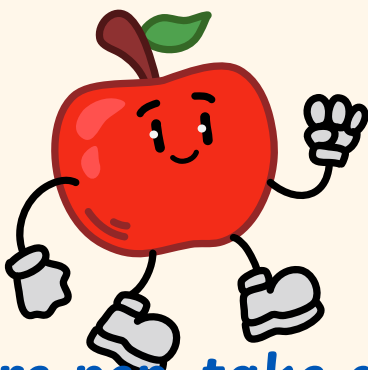
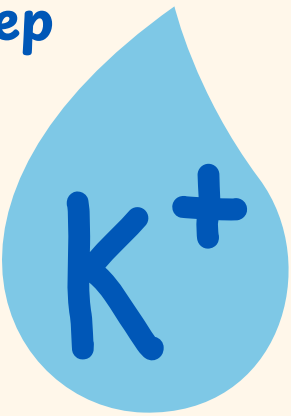
Broth-based soups

Vegetables and fruits that have a high water content or electrolytes

Milk, tea, and juice all contain water

Sweet potatoes, bananas, watermelon, leafy greens, and cucumbers

These either have a high water content or have some electrolytes like magnesium and potassium



If you want more pep, take a NOURISH step

Game Crossword Puzzle

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Word Box

banana tea thirst watermelon sipping electrolytes fluids

Questions/ Hints Across

- 3.) What is a warm, cozy drink that can be caffeine free and contains water?
- 4.) What is lost through sweat during heat that can cause dehydration?
- 5.) What fruit is mostly made up of water & is refreshing during the summer?

Down

- 1.) What fruit can help you stay hydrated because it contains the electrolyte potassium?
- 2.) What cue decreases as we age
- 6.) How can we stay hydrated throughout the day when drinking water?
- 7.) What can we incorporate in our drinks and foods to keep us hydrated throughout the day?