As we age, our risk of dehydration increases. Why?

- Body water decreases with age
- Reduced thirst sensation as we age

**HYDRATION TIPS**

- Add fruit or veggies to your water. Try berries, cucumbers, or citrus!
- Carry a reusable water bottle or drink using a reusable straw.

**HYDRATING FRUITS & VEGGIES**

- 95% Water
- 94% Water
- 96% Water
- 92% Water
- 96% Water
- 92% Water

*Find these at the Farmers Market! Visit Fmfinder.org to find a market near you!*

**HYDRATING RECIPES**

**MELON COOLER**

Blend 2 cups chopped watermelon & 2 cups cold water in a blender until smooth. Chill for at least 20 minutes and enjoy.

**BERRY BLAST WATER**

Mix 1 cup frozen mixed berries & mint with water in a pitcher. Chill for at least 20 minutes and enjoy.

**WHY STAY HYDRATED?**

- Water helps the body absorb nutrients
- Water helps regulate body temperature
- Water helps convert food to energy