



NUTRITION NEWS: STAY HYDRATED!

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