



*From the desk of the Registered Dietician: Rachel Robinson, RD, Chief Clinical Dietician*

## **Healthy Hydration**

Keeping hydrated is important all year round, but risk for dehydration is higher in the hot, humid weather of the summer months. Here are some tips for healthy hydration.

### **What does water do for the body?**

- Helps keep body temperature normal
- Gets rid of wastes
- Balances body fluids
- Keeps skin looking great
- Promotes normal bowel function and aids in digestion
- Helps transport nutrients and oxygen to all the cells of the body
- Lubricates joints and cushions organs and tissues

### **How much water do I need?**

General guidelines from The Institute of Medicine are *13 (8 oz.) glasses of fluid for men and 9 (8 oz.) glasses of fluid for women.*

- 80% of fluid should come from water and other beverages
- 20% of fluid should come from food sources (examples of foods with a high water content are watermelon, lettuce, and tomato; also foods like soups and popsicles)

**Note** that fluid needs can vary based on many factors. You may need extra fluids when exercising, or with any activity that makes you sweat. Fluid needs are also higher if you are ill and experiencing vomiting, diarrhea or fever. Those with impaired kidney function may need to restrict fluids. Talk to your doctor or registered dietitian to learn your specific fluid needs.

### **What are the signs of dehydration?**

- The thirst mechanism has a delay—in other words, when we feel thirsty, our bodies have already reached the point of moderate dehydration
- Early signs include feeling thirsty, tired and run-down
- Late signs include headache, flushed skin, fatigue, nausea, chills, and dizziness
- Urine color can also be an indicator. If your urine is pale yellow or clear in color you are drinking enough. If it is dark yellow and odorous, you may be dehydrated.

### **How can I increase my fluid intake?**

- Carry a water bottle when running errands and sip from it throughout the day
- Add fruit or herbs to your water for a kick of flavor that may entice you to drink
- If you don't like water, try naturally flavored seltzers
- Set an alarm or reminder to drink at certain times
- Fill a big bottle with all of your water for the day and pour all your drinks from there to monitor your intake. The bottle should be empty at the end of the day.

*All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. The recommended voluntary contribution for home a delivered meal or friendship center meal is \$3.00 per meal. If monthly income is higher than \$1,814 for an individual or \$2,455 for a couple, it is suggested that the contribution be the full cost of the meal: \$7.76 for a frozen meal or \$8.95 for a hot meal. Under 60 Friendship Site guests pay \$8.95. Thank you!*