

The Swig on Hydration

Why are fluids so important and what is their role in the body?

- More than half of the human body weight is water!
- Water brings nutrients to our cells and removes wastes
- Fluids help to:
 - Regulate body temperature
 - Avoid the dangers of dehydration
 - Protect and cushion our organs
 - Aid in digestion



What kinds of fluids are important for healthy aging?



Use these more often:

Water, Fruit juices, Vegetable juices,
Milk, Vegetable and Milk based soups,
Decaffeinated coffee and tea



Use these less often:

Alcohol and Caffeinated drinks—these are
diuretics which cause water loss from the body

How much fluid is required for healthy aging?

- As you age, the body needs about 6-8 cups of fluids a day
- The amount depends on:
 - body weight
 - activity level
 - health conditions
 - type of medications
 - amount of fiber intake

Tips for drinking more water:

- Drink a cup of water right when you wake up in the morning.
- Drink a cup of water about half an hour before meals.
- Drink a full glass of water when taking medications (check with doctor/pharmacist first).
- Drink a cup of water after spending time outdoors.
- Fill a water bottle and carry it with you all day.