

HYDRATION

Staying well hydrated gets more and more difficult as we age and our bodies go through changes, but it is still a very important part of staying healthy and well. Enjoy these tips for staying hydrated!

April 2020

1. Don't wait to drink fluids until you're thirsty. The feeling of thirst means you are already dehydrated, so sip regularly throughout the day.
2. Eat your fruits and vegetables. Many fruits like grapes, melons, tomatoes, and lettuce hold a lot of water and can help with hydration.
3. If you're leaving your house for more than a few hours, take a reusable water bottle with you. Keep this bottle full and next to you. This can even be implemented at home by keeping it by your couch, on the nightstand, or on your desk.
4. Drink up before, during, and after exercise. When you sweat, fluid is leaving your body and needs to be replaced. Make sure you're drinking enough to accomplish that!
5. Pay attention to your urine. This sounds silly, but the color of your urine is a great indicator of your hydration. The lighter your urine, the more hydrated you are.
6. It doesn't always have to be water! While the majority of your beverages should be water, coffee, juice and milk are okay too. See the recipes on the back of this handout for some new juice ideas!



FRUIT PUNCH

This recipe makes 4 servings

Sourced from Utah Food Bank

CSFP Ingredients

- 1/2 cup apple juice
- 1/2 cup grape juice
- 1/2 cup orange juice

Additional Ingredients

- 1/2 cup pineapple juice

Directions

1. Combine apple juice, grape juice, orange juice, and pineapple juice.
2. Serve cold or over ice.

FIZZY FRUIT JUICE

This recipe makes 2 servings

Sourced from Utah Food Bank

CSFP Ingredients

- 1/2 cup juice, any flavor

Additional Ingredients

- 1/2 cup seltzer water

Directions

1. Combine juice with seltzer water
2. Serve cold or over ice.

