
DOOR STEP NUTRITION



July 2024

Preventing Dehydration



As the weather gets warmer, the risk of dehydration increases. Dehydration occurs when a person loses more water than they consume. As people age, the body does not conserve water as well as it once did and the thirst sense is decreased. Some diseases may play a role in decreased fluid intake, such as dementia. Decreased mobility in some people may make it difficult to get a glass of water.

Adequate fluids help to maintain blood pressure, allow the body to regulate body temperature through sweating, and help to eliminate bodily waste. Some symptoms of dehydration include dizziness, less frequent and dark colored urine, fatigue, and confusion.

You may have heard the saying “Drink 8 glasses of water each day”. This recommendation does not apply to everyone. Many factors affect the amount of fluid a person needs including body size, activity level, diseases, medications, and overall diet.

Fluids not only come from liquids, but also from foods, especially fruits and vegetables, as well as jello, broth, and soup. To ensure you are keeping your body hydrated, it is important to eat a well-balanced diet that includes fruits and vegetables and drink several glasses of fluids daily. If it is hot outside or you are very active, it is important to consume more fluids than usual.

See your doctor immediately if you or someone you know is dehydrated and experiencing vomiting, fever, diarrhea, weight loss, decreased urine production, weakness, seizures, difficulty breathing, confusion, or fainting.

Fruits & Vegetables With High Water Content

Berries
Melons: Watermelon, Cantaloupe, etc.
Oranges/Grapefruit
Peaches, Plums, Nectarines
Pineapple
Asparagus
Bell Peppers
Broccoli
Cauliflower
Celery
Cucumber
Egg Plant
Lettuce/Cabbage/Other Leafy Greens
Radishes
Tomatoes
Zucchini
Bottom Line: Most produce contains a fairly high water content. Produce is also a great source of vitamins, minerals, antioxidants, and fiber. Continue to eat a variety of fruits and vegetables throughout the day to meet your nutritional needs.



Written By: Alyssa Weber, RDN, CD, Registered Dietitian Nutritionist

Please note that the information contained in this newsletter is to provide readers with health and diet information, but is not intended to be used as medical advice for individual health problems. Source: www.earthday.org

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