

TIPS ON DEHYDRATION

Symptoms of Dehydration

- Thirst
- Decreased urination
- Feeling more tired than usual
- Dry mouth
- Muscle cramps/weakness
- Dizziness/vertigo/increased headaches

Creative Ways to Increase Fluid Intake

Drink a Variety of Fluids:

- Water is best.
- Juices (no sugar added is best) orange, apple, grapefruit, cranberry
- Flavored drinks (lemonade, sports drinks)
- Herbal Tea, or coffee, (limit caffeine drinks to 1-2 cups per day).
- Choose frozen fruit Popsicles, ice milk, sherbets, Jell-O, fruit
- Increase fresh fruits and vegetables as they contain >50% of water

Helpful Hints:

- Flavor plain water with slices of lemon, orange or lime.
- Keep a full glass or container of water within reach. Refill when empty.
- If unable to drink liquids, have flavored ice cubes or ice chips to consume.
- Drink a full glass of water with each medication.



Source: USDA Center for Nutrition Policy and Promotion, Eatright.org. Contact the Council on Aging Dietitian Liz Drake for any tips or additional resources to help. Contact information: 707-525-0143 x 130.