

THE HEAT IS ON



— Do you take care to drink enough fluids every day? You need fluids for good health each day. Drinking plenty of liquids can make a big difference in how you feel.



Do not rely on your thirst to prompt you to drink liquids. As we age, our sense of thirst dulls and is not a reliable indicator of our body's need for fluids. By the time we feel thirsty, we are already somewhat dehydrated.



Urine color is a better indicator of hydration: urine should be pale yellow in color. If it is dark yellow or appears concentrated, you need more fluids.



Make it a habit to drink water or other liquids throughout the day - with meals and in-between meals. If you are sick with fever, diarrhea, or vomiting, or if you are traveling by airplane, you will need to consume even more fluids each day.



If you are not too keen on drinking eight glasses of water, try substituting some of those glasses with 100% fruit juice like orange, apple, or cranberry, or vegetable juices like tomato juice. Not only do these beverages provide fluid to quench your body's thirst, but they also contain a variety of nutrients.

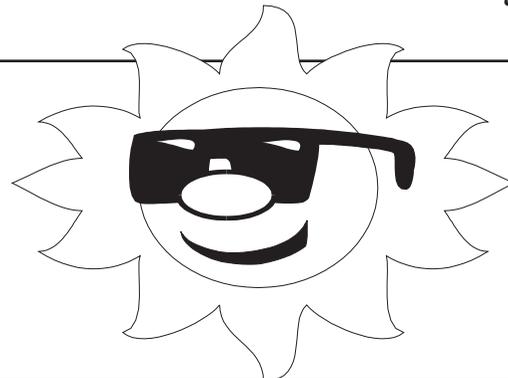


Watch out for "fruit drinks" and "ades" like lemonade. These often contain a lot of added sugar and perhaps sodium.



You can even "eat" some of your water in solid foods. Juicy fruits and vegetables, such as celery, lettuce, tomatoes, grapes, and watermelon, contain more than 90% water. Soups, some desserts like frozen yogurt, and gelatin salads also contain water.

When going in the sun, protect your eyes with sunglasses and your skin with sunscreen.



The **Kansas Food Assistance Program** promotes good health by providing extra grocery money to eligible seniors. Call 1-888-369-4777 toll free to find out if you qualify for food assistance.