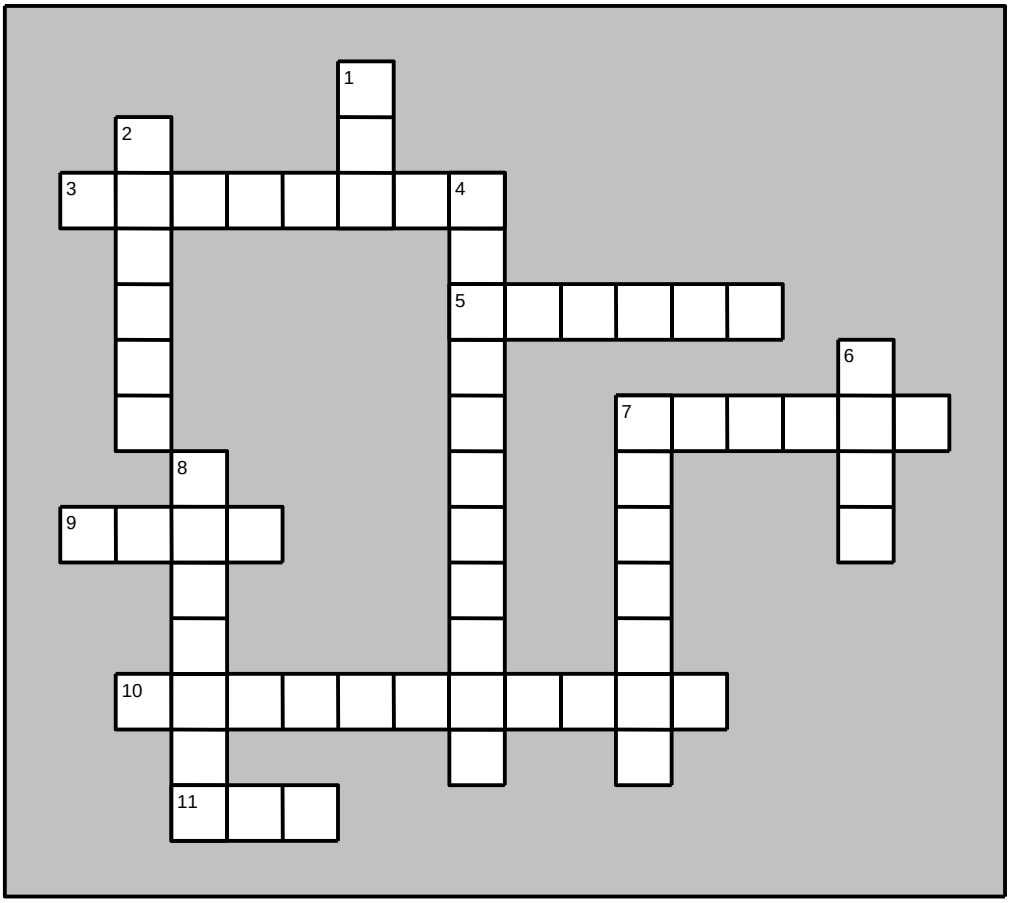
# Fluids Crossword Puzzle




**Across**

3. When you pass by a ____take sips to increase fluid intake.
5. Not a good indicator of fluid need in older adults.
7. To increase fluid intake, eat this fruit frequently.
9. Type of drink high in caffeine.
10. Weakness, difficulty breathing with exercise and increased pulse rates may mean_____.
11. Minimum cups of fluid needed each day by older adults.

**Down**

1. Beverage containing some caffeine.
2. This food item is a good source of fluid.
4. A_____supplement like Ensure or Boost increases fluid intake.
6. With every passing_____people have a greater risk of fluid problems.
7. Beverage that actually increases fluid loss.
8. More fluid is needed during an_____.

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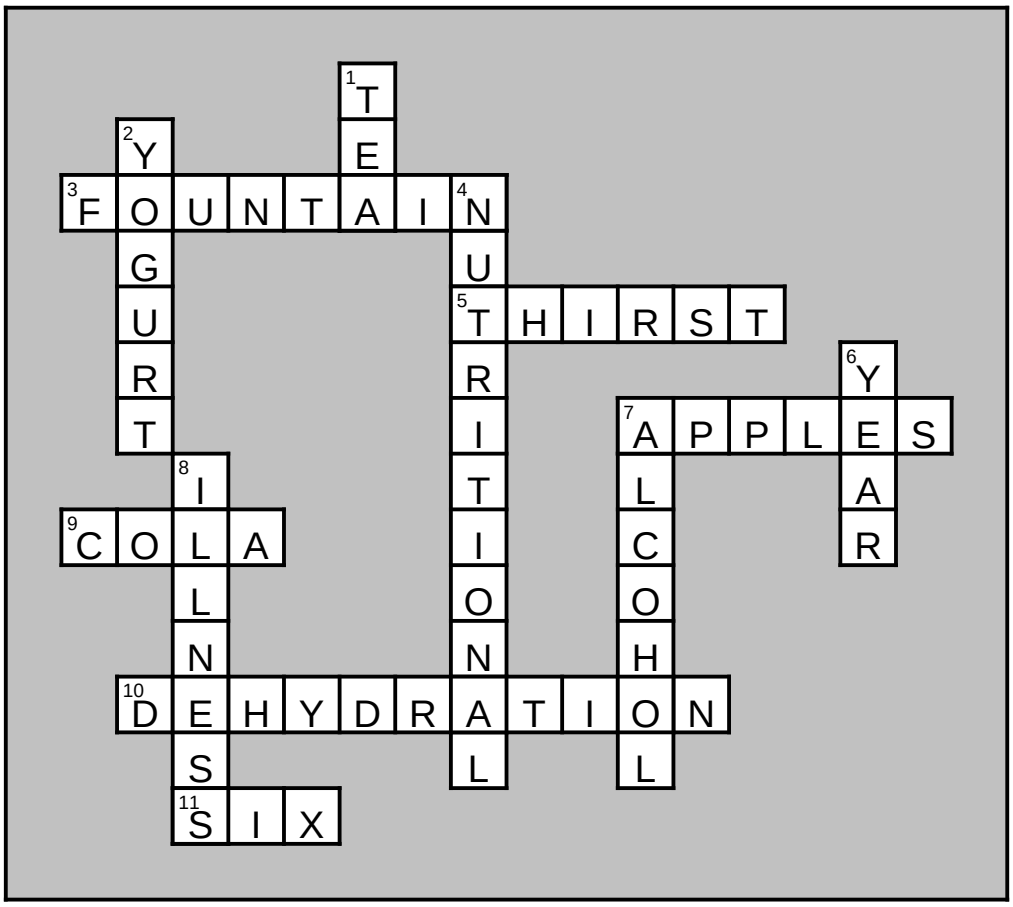


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