

- Caffeine-free and non-alcoholic beverages are your best choice to meet fluid needs and prevent dehydration.
- Caffeine and alcohol act as diuretics, causing fluid loss through increased urination.
- Beverages containing caffeine include coffee, tea, and some sodas such as Mountain Dew, Mello Yellow, Coke, or Pepsi.

Caffeine Content of Selected Beverages

	<u>Caffeine range (mg)</u>
Coffee	
brewed:	
drip	110-150
percolated	40-70
decaffeinated	2-5
Instant:	
freeze dried	40-108
decaffeinated	2-3
Tea (bags or loose)	
1 minute brew	9-33
3 minute brew	20-46
5 minute brew	20-50
Soda	
Mountain Dew,	
Mello Yello	52-55
Coca Cola,	
Dr. Pepper	40-48
Pepsi	37-38
Diet Coke	40-46

Adapted from: Pronsky SM. Food Medication Interactions 11th Ed., Birchrunville, PA: Food-Medication Interactions, 2000.

Beverage Suggestions

- Water
- Milkshakes
- Smoothies
- Lemonade
- Decaffeinated coffee or tea
- Decaffeinated sodas such as Sprite or 7-Up
- Nutritional supplement drinks (e.g. Ensure®, Boost®)

Foods that can also be counted toward daily fluid intake include:

- ice cream
- popsicles
- broth-based soup
- jell-o
- Italian ice



For more flavor, try adding a slice of lemon or a sprig of mint to your water.

Source:

The American Dietetic Association's Complete Food and Nutrition Guide. Minneapolis: Chronimed Publishing; 1998.

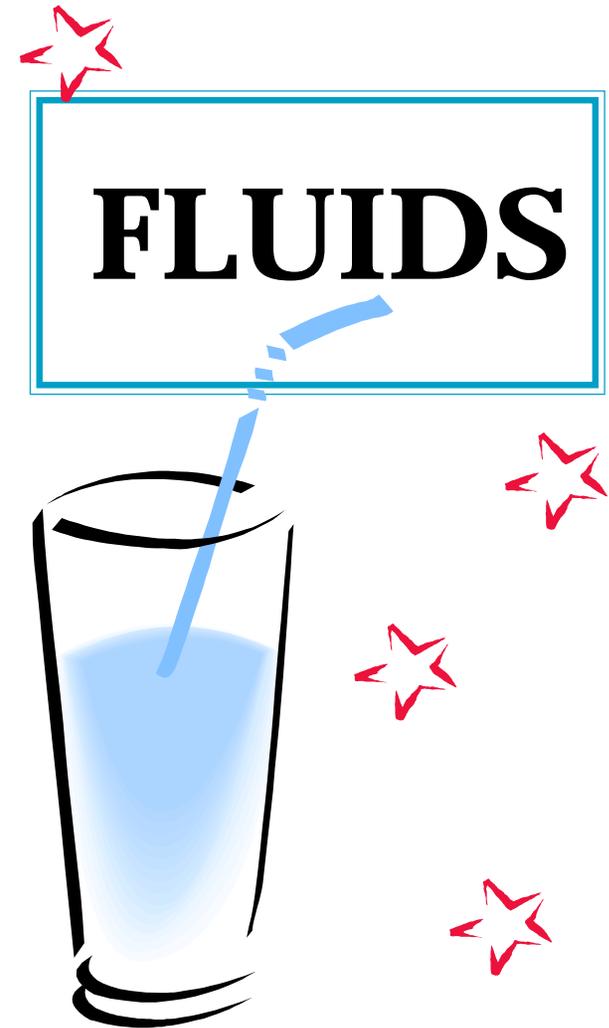
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To stay healthy, it's important to take in enough fluids.

Please take a moment to learn more about how you can make sure you are getting enough fluids.

One of the most important and often overlooked nutrients needed by the body is water. Like oxygen, water is needed to survive. Water is the nutrient needed in the greatest amount by the body.



Why are Water and Other Fluids so Important for Adults?

Water is needed by every cell, tissue, and organ in the body and has an important role in many body processes. Here are some functions of water:

- Delivers nutrients to body's cells
- Carries away waste products
- Keeps skin hydrated and moistens the mucous membranes of the eyes, mouth, and nose
- Maintains adequate blood volume
- Regulates body temperature by helping to cool the body in the summer and acting as insulation in the cold weather
- Helps deliver medications to the proper places in the body

Dehydration

Adequate fluid intake is also important in preventing dehydration. Older adults are at a greater risk for developing dehydration. Here are some reasons why:

- Kidney function is reduced.
- Sense of thirst decreases.
- Body water stores are lowered because muscle tissue, which holds a lot of water, decreases with age.

Signs and symptoms of DEHYDRATION

- dry mouth
- weakness
- dizziness
- flushed skin
- headache
- fatigue
- impaired physical performance
- higher body temperature, breathing rate, and pulse rate
- labored breathing with exercise

By the time you feel thirsty, you've already lost up to 2% of your body weight as water.



How much fluid do you need each day?

Older adults need to consume at least 6 to 8 cups of fluids per day.

Additional fluid may also be needed during:

- very hot or cold weather-your body needs more water to maintain normal body temperature
- during times of illness when you are sick with fever, diarrhea, nausea, and/or vomiting increase fluid loss

Tips to Increase Fluid Intake

- Take breaks throughout the day to drink a beverage.
- Have a glass of fluid with each meal and with snacks.
- Have a glass of fluid next to your favorite chair or where you sit most often.
- Take a sip of water when you pass a drinking fountain.

Foods with a high water content can also add to total daily fluid intake. Examples of these foods include:

- fruits such as watermelon, oranges, grapefruit and apples
- lettuce and broccoli
- cottage cheese and yogurt