

# All About Hydration

May 2022 Newsletter by Lucille Tang, RDN



## Benefits of Hydration



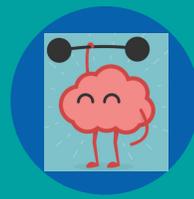
Regulates Body Temperature



Decreases Joint Pain



Improves Skin & Appearance



Boosts Memory & Mood



Delivers Nutrients to Cells

## How much water do I need?

Generally, 8- 8oz glasses per day or 64 fl oz. More if you're taller, heavier, sweating, and/or exercising. Also, your needs depend on your health conditions, such as congestive heart failure or kidney disease.



## What foods & drinks "count" as water?



### Options with 90 - 100% water content...

- Water - Still or sparkling
- Coffee / Tea
- Milk
- Juice
- Celery
- Cabbage
- Strawberries
- Cantaloupe
- Watermelon
- Lettuce
- Spinach



## Make water your beverage of choice!

### Options with 70 - 89% water content...

- Soup
- Banana
- Grape
- Pears
- Pineapple
- Orange
- Broccoli
- Avocado
- Carrot
- Yogurt
- Cottage Cheese
- Ricotta Cheese



## Hydration Tips!



- Always keep water handy!
- As a reminder, set an alarm
- Build it into your routine - Drink water...
  - When you wake up in the morning
  - Before *and* after taking medication
  - Between bites at mealtimes

## Tired of Regular Water? Add..

- Frozen Berries
- Squeeze of Lemon/Lime
- Cucumber Slices
- Fresh Basil or Mint



# Hydration & Medications



Many medications have side-effects, such as "dry mouth," "frequent urination," and "altered thirst sensations." This means you may be going to the bathroom more and not able to feel whether you're dehydrated!

If you're taking medications, especially if you're taking *multiple medications*, it's important to keep drinking water - regardless if you "feel thirsty."



## Your Handy Pee Chart!

Want to know if you're well hydrated? Take a peek at your pee!

Lighter colors mean you're well hydrated.

Darker colors may mean that you should drink more water.

If your urine is especially dark colored, with browns, reds, and/or purples, let your health team know. That may be a sign of kidney disease.



### Transparent

Overhydrated -  
Slow down with water.

### Lemonade

Optimal Hydration -  
Keep it up!

### Light Beer

Still Hydrated -  
Keep it up!!

### Amber

Mildly dehydrated -  
Time to drink some water.

### Burnt Orange

Definitely dehydrated -  
Drink lots of water!

### Concerned about Incontinence?

#### Here are some tips!

- Eat more fiber - to prevent constipation, a cause of incontinence
- Practice pelvic floor exercises
- Avoid bladder irritants, such as alcohol & caffeine
- Don't smoke or seek help to quit

Seeking help on understanding hydration and your fluid needs? Reach out for Nutrition Education and Counseling by OFA Nutritionist Lucille Tang, (585)-991-5462