



MINDFUL SCOOP

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Meth-Wick Community

Sip on This

Did you know that about 60% of your body is made up of water? Every cell, organ and tissue in your body needs water to work properly. Staying hydrated can help reduce your risk of developing urinary tract infections, kidney stones, and constipation.

Risks of dehydration: If you lose more water than you take in, your body can become dehydrated. Mild dehydration can impact your mood and memory. Dehydration can wreak havoc on your body and cause headaches, digestion problems and dizziness.



Fluid needs vary and many factors impact how much water you need, including activity level, age, and overall health. Individuals with certain health conditions such as renal disease or heart failure have different fluid needs. For women, the amount of total water is about 11.5 cups per day and for men 15.5 cups. **These estimates cover fluids from water, other beverages and food. About 20% of our daily fluid intake comes from food and the rest from drinks.**

How do I know if I am drinking enough? Your fluid intake is most likely adequate if your urine is colorless or light yellow and you rarely feel thirsty. Listen to your body: If you are thirsty, drink water.

Ways to Increase fluid intake:

- Choose water instead of soda or energy drinks
- Carry a refillable water bottle
- Add a flavor enhancer: squeeze a lemon or lime into your water, add fresh fruit, toss in cucumber and a few fresh basil leaves

Foods that are high in water:

- **Fruits** including cantaloupe, strawberries, watermelon, bananas, grapes, oranges, pears and pineapples.
- **Vegetables** including lettuce, cabbage, celery, spinach, cooked squash, carrots, cooked broccoli and avocados.



Sip on This Berry-Basil Refresher: Add 1 pint berries along with 10 basil leaves to a pitcher. Mash the ingredients together and add water.

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