

## Water is Life

As we age, our thirst sensation can decrease, resulting in decreased intake and dehydration. We need enough fluid in our bodies to carry blood to our organs. Dehydration can lower blood pressure to dangerous, even life-threatening levels. So, keep yourself hydrated!

How to Keep Yourself Hydrated? Drinking water is the obvious answer, however, water-dense foods are another way to not only keep hydrated but to include more vegetables and fruits into your diet!

### Foods with High Water Content

<b>Cucumber</b>	<b>96%</b>	<b>Watermelon</b>	<b>96%</b>
<b>Pineapple</b>	<b>95%</b>	<b>Romaine Lettuce</b>	<b>95%</b>
<b>Celery</b>	<b>95%</b>	<b>Cantaloupe</b>	<b>92%</b>
<b>Tomato</b>	<b>94%</b>	<b>Skim Milk</b>	<b>91%</b>
<b>Orange</b>	<b>88%</b>	<b>Peach</b>	<b>89%</b>
<b>Strawberry</b>	<b>91%</b>	<b>Broths/ Soups</b>	<b>92%</b>
<b>Zucchini</b>	<b>94%</b>	<b>Plain Yogurt</b>	<b>88%</b>



### Hydration Habits to Live By:

- 1 cup of hot water with lemon in the morning
- Drink water before you eat a meal
- Snack on sliced cucumbers and watermelon
- When you move, bring your water bottle along
- Try flavoring water with fresh herbs like mint, basil or celery tops



References: <https://www.healthline.com>

### Quick Tip

While everyone needs a slightly different amount of water, a good goal is to drink between 1.5—2 liters of water a day.

**Nutritious food choices add color to any diet**

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# Infused Waters At-Home

*Why infused water? We know avoiding sweetened drinks, which are often laden with sodium, is a positive health decision. Here are some ideas!*

## 1. Pineapple Basil

In a 1/2 Gallon container, muddle 15 fresh basil leaves, add 1/4 fresh pineapple slices and cover with filtered water. Leave overnight and enjoy cold.

## 2. Watermelon Basil

Add 2 cups fresh watermelon to a gallon-size jar. Add 15 leaves muddled basil leaves and filter water to fill. Refrigerate and let infuse for at least 4 hours.

## 3. Cucumber Mint

Muddle fresh mint leaves in a 1/2 gallon jar. Add one peeled, thinly sliced cucumber and fill with filtered water. Gently stir, refrigerate for at least 4 hours. Enjoy!

**Is your mouth watering yet?**



Source: <http://www.wellnessmama.com>

### **To Muddle:**

Muddle: To crush up ingredients with a tool called a muddler.

### **How to Muddle:**

1. Choose a gentle muddling tool. A small flat wooden tool, like the end of a wood spoon works well.
2. Put ingredients in sturdy glass.
3. Press and twist lightly 2 or 3 times.
4. When leaves are lightly bruised but still intact, you are done.

### **Drink before you feel thirsty!**

For some people, our sense of thirst declines with age. Some medications may also increase the need for fluids.

**Good news about everything that's good to eat!**



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