



Nutrition Education



Ways to Hydrate

- ⇒ Carry a refillable water bottle with you wherever you go
- ⇒ Set a timer to remind you to drink water
- ⇒ Keep a glass of water next to you while you are at home
- ⇒ Choose water when eating out. You'll save money and hydrate at the same time.
- ⇒ Add fruit to your water for natural flavoring



Sources:
Understanding Nutrition by Whitney/Rolfes
The Academy of Nutrition and Dietetics

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The Importance of Hydration

Proper hydration is crucial for supporting the body's processes and for maintaining overall health and well-being. As we age, staying hydrated becomes even more important.

Hydrating With Water

Proper hydration especially from water will help keep your body systems working properly and support its functions.

Water recommendations

The most common recommendation for water is to drink eight – 8 oz of water per day (totaling 64 oz per day). This is a general recommendation as water/fluid needs vary person to person depending on factors such as activity level, diet, and medical conditions.



Hydrating With Other Fluids and Foods:

While plain water is one of the best ways to hydrate, there are additions to help contribute to daily fluid goals. Drinking fat free milk, decaffeinated tea, fruit juices without added sugars, and nutritional shakes. Consuming foods high in water also help with hydration such as watermelon, cucumbers, oranges, lettuce, low sodium soups and broths.













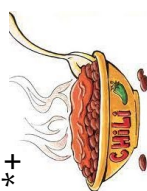
Know the Signs of Dehydration

Dehydration occurs when you lose more water than you are taking in. Keep in mind that it does not have to be a hot sunny day for a person to get dehydrated as dehydration can occur during any type of weather. **Signs of dehydration include: thirst, dry mouth, dry lips, headache, weakness, reduction in urine, dizziness, dark yellow urine color, and more.**



Did you know older adults are more prone to becoming dehydrated due to various reasons such as decreased sense of thirst.

Senior Rate: \$4 contribution per meal
Any additional contribution is greatly appreciated.
No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat fee**

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✔ = Vegetarian Day			
3 ✔ Lentil Veggie Curry+* House Salad* Brown Rice Fruit 	4 Egg Salad Sandwich* on WW Bread with Lettuce, Tomato & Onion Tomato Soup Fruit+	5 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	6 Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	7 Chili Dijon Pork+ Carrots* Spinach Salad w/Fruit & Nuts*+ WW Roll, Fruit 
10 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad Rice Pilaf Fruit	11 Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	12 ✔ Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic Bread Fruit	13 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	14 Baked Cod w/Melted Leeks Sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit 
17 Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup WW Bread, Fruit+	HOLIDAY MEAL < > 18 BBQ Chicken Quarter Potato Salad Sweet Corn Cornbread, Fruit+ <i>Dessert (Meet & Eat only)</i> 	HOLIDAY 19 	20 Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Brown Rice Fruit+ 	21 Spinach Mushroom Lasagna* House Salad* WW Roll Fruit+ 
24 Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit 	25 Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+	26 Meatball Sub w/Marinara Sauce on Sourdough Hoagie Chef's Choice Soup Spinach Salad*, Fruit+	27 Veggie Chili House Salad*+ Cornbread Fruit 	28 Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato Roasted Vegetables* WW Pita, Fruit