



Nutrition Education

Hydration and You



How Much Water Do Seniors Need?

The National Academy of Medicine suggests an adequate intake of daily fluids of about **13 cups for men and 9 cups for women** aged 51 and older. However, how much water you need can change depending on your health and how active you are.



When it comes to hydration, drinking water is the best source to help keep our bodies healthy. Drinking enough water helps keep our organs working well, helps with digestion, and helps our skin stay healthy. Water also helps prevent dehydration, which can make you feel tired, confused, or weak.

Look out for physical signs of being dehydrated: If you notice any of these signs, you might need more water:

- Feeling thirsty
- Dry mouth or skin
- Dark yellow urine
- Fatigue or tiredness
- Dizziness or confusion
- Headaches
- Muscle cramps



How YOU can stay hydrated everyday:

- ⇒ **Natural Flavored Water:** If plain water is getting boring, try adding slices of fruit such as lemon, lime, orange, cucumber, or even fresh mint to enhance flavor. 
- ⇒ **Choose drinks with low sugar:** Beverages like water, unsweetened tea, or flavored water are better hydration choices than sugary sodas or high sugar juices.
- ⇒ **Don't forget your daily milk:** Not only for hydration but milk contains calcium, protein, and other vitamins and minerals.
- ⇒ **Eat water-rich foods:** Foods like watermelon, lettuce, cucumbers, oranges, and strawberries have high water content which contribute to fluid intake. 
- ⇒ **Make water accessible:** Keep a refillable water bottle with you wherever you go. And remember to keep a cup of water near your couch or bedside table for easy access.








Information obtained from:
Eatright.org &
National Council on Aging/NCOA.org

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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**

MAY 2025 

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	 FLIP THE SCRIPT ON AGING: MAY 2025	1	2
Holiday Meal 5 Taco Soup* Black Beans Cilantro Lime Rice Kiwi+ Churro (M&E only) 	6 Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato Tomato Soup Orange+	7 Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato Roasted Veggies+ WW Pita, Pear	8 Turkey & Veggie Sauté Broccoli+ Brown Rice Apple 	9 
12 Turkey Chili Tossed Vegetable Salad* Cornbread Orange+	13 Baked Cod w/Melted Leeks Sauce* Carrots* Brussels Sprouts+ Rice Pilaf Pear 	14 ✓ Lentil Veggie Curry+* Spinach Medley Salad WW Pita Apple	15 Chicken Salad w/Raisins on Romaine w/Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Kiwi+	16
19 Teriyaki Chicken Roasted Cauliflower+ Brussels Sprouts+ Pineapple Veggie Rice Grapes	20 Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Brown Rice Kiwi+	21 Tuna Salad Sandwich on WW Bread w/Lettuce, Tom, Onion Hearty Vegetable Soup*+ Pear	22 <i>NEW</i> ✓ Indian Butter Chickpeas Bombay Potatoes+ Kachumber WW Roll Banana 	23
HOLIDAY 26 MEMORIAL DAY  REMEMBER & HONOR	27 ✓ Veggie Burger on Whole Grain Bun w/Lettuce, Tom, Onion Chickpea Carrot Salad* Orange+	28 <i>NEW</i> Picadillo+* Pico De Gallo+ Ranchero Beans+ Brown Rice Banana Brownie (M&E Only) 	29 Southwestern Baked Cod w/lime wedge SW Side Salad Carrots* Rice Pilaf 2 Mandarin Oranges+	30