

# SENIOR NUTRITION NEWS

*Eat Smart Idaho Program*

July 2026

## Healthy Hydration for Hot Days

Many older adults don't get enough fluids which puts them at higher risk for dehydration. As the temperature rises your body needs more fluid even if you don't feel thirsty.



Getting 13 cups of fluid a day for males and 9 cups a day for females is recommended.

### Fluid comes in many forms:

- Water
- Low-fat milk
- 100% fruit and vegetable juices
- Food items with a high fluid content such as soup

These beverages provide important nutrients while limiting added sugar.

### Some symptoms of dehydration are:

- Weakness
- Headaches
- Increased body temperature
- Increased breathing and pulse rate
- Dizziness
- Confusion

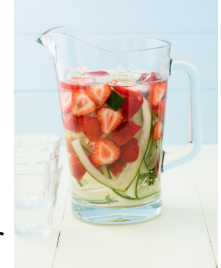


### How to increase fluid intake:

- Have fluids available at all meals and snacks.
- Keep fluids close by in a pitcher or glass. If lifting a full glass or pouring water from a pitcher is difficult, use a smaller sized glass or pitcher and a straw to help.
- Flavor water with lemon, cucumber, or frozen berries.
- Eat foods with a high water content, such as watermelon, peaches, tomatoes, and cucumbers.

## Summer Inspired Water

1. Wash hands with soap and water. Wash all produce under cold running water. Wash lemon or lime (if using) with a clean produce brush under running water.
2. Add all ingredients plus enough cold water to fill a 2-quart pitcher. For the most flavor chill in the refrigerator overnight. Store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.



### Strawberry Mint Refresher

4 cups water  
1/2 cup strawberries, sliced  
1 lime, sliced  
5 mint leaves, torn

### Peach Raspberry Cooler

4 cups water  
1 peach, sliced  
1/2 cup raspberries

### Fresh Watermelon Infuser

4 cups water  
1 cup watermelon, diced  
1 kiwi, peeled and sliced  
1 lime, sliced

### Kiwi Strawberry Quencher

4 cups water  
1/2 cup strawberries, sliced  
1 kiwi, peeled and sliced

### Cucumber Melon

4 cups water  
1/2 cup cantaloupe, honey dew, or watermelon, diced  
1/4 cup cucumber, sliced  
5 mint leaves, torn (optional)

### Very Berry Blast

4 cups water  
1/2 cup frozen mixed berries

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**Sources:** <https://extension.okstate.edu/fact-sheets/nutrition-for-older-adults-water-and-dehydration>; <https://extension.wsu.edu/efnep/2022/06/16/flavored-water/> retrieved 06/26/26

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