

Smart Choices

Nutrition News for Seniors

Prepared By: Cathy Agan, Extension Agent (FNP)
 Terri Crawford, Extension Agent (Nutrition)

Water—A Necessary Nutrient

Water—the Nutrient

Water is one of the six essential nutrients needed for life. We can not survive without water. Many people don't understand the important part water plays in the body and diet.



Thirst is the trigger that reminds us that we need to take in more water.

Why Water is Important?

Water should be your main beverage choice. It is inexpensive and readily available. It not only serves to satisfy thirst, but it does so while providing no extra calories, fat, cholesterol, sodium or caffeine.

Benefits of Drinking Water

- Prevents dehydration
- Carries nutrients and oxygen to cells.
- Is a lubricant for body tissues.
- Regulates body temperature.
- Helps strengthen muscles.
- Helps prevent constipation.
- Gives the feeling of fullness when consumed before or during a meal.

Water Balance

We lose water everyday so it is important to balance that loss with intake. The body has a system in place to maintain water balance.

Is There A Daily Requirement?

How much you needs upon a lot of different things such as the climate you live in, how physically active you are, your age, your state of health and your body size. When the weather is extremely hot, humid or cold extra water may be needed to replace fluids that are lost through sweating or lack of moisture in the air.

Water Sources

Water comes from a variety of sources. All beverages are a source of water. Even solid foods contain water. Some crisp vegetables are composed of 90 percent of water or more. Protein-rich foods such as meat, fish, or chicken may contain half or two-thirds of water by weight. Even some grain products have some amount of water in them.

Dehydration

As adults age they may experience a decrease in their thirst sensation. If this happens, you may not notice you are thirsty until it is too late. The body has already begun to dehydrate once a person realizes they are thirsty.

Another factor that causes dehydration for seniors is that the amount of body water decreases with age which increases your risk of becoming dehydrated.

Remember that fluid intake is not limited to water only. Fluid can come in the form of juice, milk, coffee, tea, soup or even soft drinks.

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Snack like a super hero. Power up with fruit and yogurt.

Fruit Kabobs with Yogurt Dip

Ingredients:

- 1 cup watermelon chunks
- 1 cup pineapple chunks
- 1 cup grapes, red seedless
- 1 cup strawberries, with stems removed
- 2 kiwis peeled and cut in quarters
- 8 - 6 inch long bamboo skewers
- 1 cup low-fat strawberry yogurt



Instructions:

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place nonfat light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Source: Food and Health Communications, Inc.

Nutrition Facts

Serving Size 1/8 of recipe (124g)
Servings Per Container

Amount Per Serving
Calories 60 **Calories from Fat 0**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	

Vitamin A 4% • Vitamin C 70%
Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fluid Facts



- ♦ Adults need an average of eight cups of water a day.
- ♦ Water is needed to keep your body working properly.
- ♦ If you don't get enough water you can become dehydrated.
- ♦ Signs of dehydration include: dry skin, dry mouth and throat, rapid heart rate, lack of energy and weakness.
- ♦ To increase your water intake, keep a pitcher of water in the refrigerator and drink from it throughout the day.
- ♦ Try not to drink too many soft drinks or other products with caffeine. They can make your body lose water.
- ♦ Thirst is not a good indicator of the need for water. By the time you feel thirsty you are already on your way to dehydration.

Fruits and Vegetables with High Water Content

Fruits

Watermelon
Citrus fruits
Grapes
Apples
Papaya
Strawberries
Apricots
Cherries

Vegetables

Carrots
Bell peppers
Lettuce
Tomato
Cucumber
Squash
Celery
Broccoli
Cauliflower
Spinach

What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using SNAP. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.



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References: University of Nebraska-Lincoln, Iowa State University Extension, Clemson Cooperative Extension, Utah State University Cooperative Extension and eXtension