



Thirsty?

As you age, your body's thirst signal may become less sensitive. That means you may not feel thirsty and may not know if you are getting enough water to meet your needs.

Why do you need water?

- **For digestion** – Water is in saliva to moisten food, in stomach juices to digest food and in the blood to transport nutrients and oxygen to body cells and carry waste products away.
- **To soften stools** to help prevent constipation.
- **To regulate body temperature.**

Check the list to see how much water you can get from common foods.



How much water do you need?

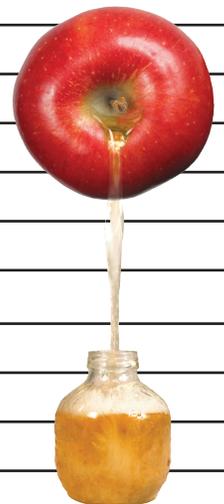
You use up about 2 ½ quarts of water by breathing, perspiring, and eliminating body wastes each day.

To keep from getting dehydrated, you need to drink at least 6 to 8 cups each day to replace the fluid you lose. You can get water from food, too.

Drinking any beverage – water, juice, coffee, tea, milk – contributes to your fluid intake. You also get water from water-based foods like soup. Adding fruits and vegetables to your meals or eating them as a snack works double duty to help you get enough fluid and fiber. Dairy foods are a good source of water, too. They also supply nutrients for bone health.

It All Adds Up

Food	Percent Water by Weight
Lettuce (1/2 cup)	95
Watermelon (1/2 cup)	92
Broccoli (1/2) cup	91
Grapefruit (1/2 cup)	91
Milk (1 cup)	89
Orange Juice (3/4 cup)	88
Carrot (1/2 cup)	87
Yogurt (1 cup)	85
Apple (1 medium)	84
Cottage cheese, low-fat (1/2 cup)	79
Tuna, canned, drained (3oz)	73
Potato, baked with skin (1 medium)	71
Rice, cooked (1/2 cup)	69
Kidney beans, boiled (1/2 cup)	67
Pasta, cooked (1/2 cup)	66
Chicken, roasted, no skin (3oz)	65
Beef, lean, roasted (3oz)	64
Whole wheat bread (1 slice)	38
Cheddar cheese (1oz)	37





To help you get enough, try spicing up your water:

- Use an attractive glass to make drinking water more pleasurable.
- Squeeze or drop a slice of lemon, lime, or orange into your water.
- Make fruit flavored ice cubes by freezing juice in ice cube trays or berries and water in paper cups.
- Add fruit juice to seltzer or club soda for a bubbly spritzer.

Are you getting enough?

One way to know if you are getting enough to drink is to check the color of your urine throughout the day. A hint of yellow color is the sign that you are getting the water you need. If your urine is bright yellow to yellow-orange you may need to drink more.

Don't limit your intake to avoid bathroom trips.

Your kidneys may not conserve fluids as well as they used to. Your body may be holding onto less water, producing urine to fill your bladder even if you are not drinking. Don't let incontinence keep you from getting enough fluid to meet your needs.

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