



Healthy Eating for Older Adults

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Fluid Facts

- Adults need an average of eight cups of water a day.
- Water is needed to keep your body working properly.
- By not getting 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 products with caffeine. They can make your body lose water.
- Thirst is not a good indicator of need for water.

Meals in Minutes

- * Too busy or tired to cook? Try these ideas to create meals in minutes!
- * Bored with oatmeal or Cream of Wheat? Try adding milk to your favorite dry cereal and heat it up in the microwave for a quick hot cereal.
- * Keep your pantry stocked with “quick foods” such as canned fruit or vegetables, pasta, rice, tuna and peanut butter.
- * Plan to cook one day of the week to prepare meals for the rest of the week.
- * When you do have time to cook, make a double batch and freeze the rest for later.
- * When you make casseroles or soup, put the leftovers in small containers and freeze for another time.
- * Cut up fresh fruits and vegetables when you get them, so they are on hand when you are in a hurry.
- * Occasionally buy individual frozen meals to be used for fast meals and easy clean-up.

On a Budget?

- ♣ Buying food can be expensive. Here are some tips for cutting down your food budget:
- ♣ Make a shopping list and stick to it.
- ♣ Don't shop when you are hungry. You'll buy more than you need.
- ♣ Shop only once a week.
- ♣ Compare prices. Generic or store brands are usually cheaper.
- ♣ Ready made foods may be more expensive than making the food yourself.
- ♣ Buy fruit and vegetables at various stages of ripeness so you can have one for today and one that will be ripe in a few days.



