



HEALTHY HYDRATION

For older adults with poor appetites

Keeping well hydrated is important for everyone's health but if you have a poor appetite, you might also want to choose some drinks that provide energy and nutrients.

We should aim to drink about 6-8 glasses of fluid each day. This can be from a variety of drinks, hot or cold, but alcoholic drinks don't count.

Water

Water is a good choice for hydration throughout the day. You could try adding mint or lemon for extra flavour.



Drink plenty



Drink to suit

Tea, coffee and other hot drinks

Many of us enjoy these drinks and they count towards our fluid intake. Drink with plenty of milk if you want to add extra calories and protein.

Did you know?

Older adults may be more at risk of dehydration as they have a reduced sense of thirst.

Milk and milky drinks

Milk is a good source of calcium, iodine, B vitamins and protein. Whole milk can be a better choice for adults with poor appetites. To increase calorie and protein intake, why not try to include milky drinks like hot chocolate or milkshakes with added fruit and yogurt?



Have regularly

If you want to add extra protein, fortify your milk by blending 2-4 heaped tablespoons of dried skimmed milk powder into a pint of whole milk. Use on cereals, in porridge, sauces, soups and milky drinks.



Drink to suit

Fruit and vegetable juices

Unsweetened 100% fruit or vegetable juices provide you with vitamins and minerals. A 150ml glass counts as 1 of your 5 A DAY.

Soups and smoothies

High fluid foods, like soups, will contribute to hydration! Also why not try smoothies as they can provide a range of vitamins and minerals.



Drink to suit

Soft drinks

Drink if enjoyed

Soft drinks count towards your intake but they may provide limited nutrients. Diet options are not a good choice if you are trying to prevent weight loss.

Why is hydration so important?

- Good hydration can help prevent constipation, urine infections, confusion and falls.
- Don't let the fear of incontinence or needing to go to the toilet frequently restrict your overall fluid intake. This is not the best solution and may make things worse.
- If you are caring for someone, make sure drinks are readily available at all times and provide help with drinking if needed.

If you're worried about weight loss and have a small appetite, or have difficulty swallowing food, talk to your GP or Practice Nurse.