

Nutrition and Hydration Week

11th - 17th March 2024



Health & Independent Living Support



Fluids play a vital role in our health and quality of life. As we age our bodies retain less water which can cause the signs of dehydration to become milder, meaning that we may not feel thirsty until we are significantly dehydrated.

A **lack of fluids** can become serious very quickly among the elderly, with possible effects including:

- Dizziness**
- Increased heart rate**
- Confusion**
- Muscle cramps**
- Fatigue**
- Increased risk of falls**

Hydration can help to...

regulate body temperature

improve cognition

help the body to absorb nutrients

convert food into energy

promote skin health

regulates bowel movements

decrease joint pain

Hydration in food should not be forgotten!

2 tablespoons of mashed potato = 70ml

Cauliflower cheese (90g) = 70ml

Side salad (100g) = 95ml

Rice pudding (200g) = 160ml

Did you know our Community Team Members can make our clients a drink during every visit?



Check out our daily tips at:

 HILSWestSussex  @HILS_UK
#NHweek

Contact us on:

0330 2000 103 or
visit www.hils-uk.org