

In order not to get overwhelmed by the quantity, you can put the water in small bottles and drink it throughout the day as opposed to storing in a big container.

The surest way to check for dehydration is to observe your urine. If it is light and transparent, that means you are hydrated, if it is dark or bright yellow and cloudy that is a sign of dehydration.

There is an exception for seniors with kidney and liver disease; consult your healthcare provider about a suitable amount of water for you.

Many foods you eat, especially fruits and vegetables, contain water. Eating foods like cucumbers, tomatoes, and watermelon can help keep you hydrated.

Drinking doesn't need to be limited to water—milk, broth, juice, and frozen pops can all add to your liquid intake. Just be sure to look at the sodium and sugar levels and stick to options that work with your dietary needs.

Thank you to our menu sponsor.

To learn more call (719) 314-2327  
or visit [www.rmhcare.org](http://www.rmhcare.org)



A Program of Rocky Mountain Health Care Services



Nutrition  
Education

### Nutrition Education Topic

## Hydrate Hydrate Hydrate!!

According to a pyramid of older adults created by researchers from Tufts University, drinking eight (8) glasses of water daily was next to physical activity in importance to health.

As you age, your body's ability to conserve water decreases, so you don't feel thirsty as often. However, your body still needs the water.

Dehydration causes drowsiness and confusion among other side effects so it is essential to stay hydrated. If you are taking the recommended high fiber diet, you need to drink a lot of water this is because fiber absorbs plenty of water.

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Salad with Croissant Quinoa salad Orange & Milk
4 Labor Day Silver Key Closed 	5 Pulled Pork Sandwich Corn, Carrots Apple Sauce Milk	6 Swedish Meatballs (Beef & Pork) WW Pasta Green beans Banana & Milk	7 Breaded Pollock Mac & Cheese Brussels w/ parmesan Apple & Milk	8 Swiss Steak Mashed Potatoes Peas, Orange & Milk
11 Chicken Teriyaki Brown Rice Succotash Orange & Milk	12 Sweet & Sour Beef with Rice Asian Vegetables Pear & Milk	13 Mushroom Ravioli w/ Marinara Peas & carrots Banana & Milk	14 Stuffed Bell Pepper Baker Potatoes Carrots Orange & Milk	15 Italian Sausage & Marinara With Pasta Veggies, Banana & Milk
18 Crab Cakes Broc/Cheddar Rice, Green Bean Almondine Orange, Roll w/ butter & Milk	19 Honey Curry Chicken Coconut Rice Peas & Carrots Apple, Orange Juice & Milk	20 <u><b>Chef's Choice</b></u> 	21 Pepper Steak Brown Rice Succotash Orange & Milk	22 Pico Lime Cod Lemon Herb Rice, Carrots Banana High fiber cookie & Milk
25 BBQ Chicken Maple Sweet Potatoes Peas & Carrots Orange & Milk	26 Salmon Parmesan Veg medley Broccoli Pear & Milk	27 Pork Fritter Mac & cheese Lima beans Banana & Milk	28 Jerk Chicken Red beans and rice, Green Beans, Diced Peaches, High Fiber Cookie & Milk	29 Split Pea Soup Veg Medley Brown Rice Orange & Milk Apple Cobbler

**We value your feedback!!**

**At the end of the month, return your menu to your café specialist and write in a 1-3 rank on the day's entree.**

**1=Don't love it;**

**2=It's Good;**

**3=LOVE it!**