



Fluid Intake in Winter

When we think about being dehydrated, most often we are concerned with the summer months when we are hot and losing water through sweat. Did you know that drinking enough fluids is just as important in the winter as in the summer? Maybe even more important.

In the winter, illnesses such as colds, flu, and pneumonia are everywhere. In fact, statistics say that dehydration among seniors is one of the most costly medical problems. Would you believe that of people on Medicare, \$450 million is spent annually for hospitalizations related to dehydration?

As we get older, there are some changes in our bodies that affect the fluids in our bodies. Often, we just are not thirsty. So we don't drink as much as we used to. We also have to use the bathroom more – and may tend to drink less so we don't have to get up as often.

Another problem is that as we get older, we lose muscle and gain fat. Muscle holds water; fat does not so as we get older, the amount of water in our bodies is lower.

Tips for staying hydrated:

- don't wait until you are thirsty to drink; by this time you are already dehydrated
- keep a water bottle handy and drink from it regularly
- keep a full water bottle in the refrigerator door and take a drink every time you open the refrigerator
- when you sweat, drink to replace water lost through sweating
- start and end the day with a cup of water
- know the symptoms of dehydration



Dehydration can be caused by diarrhea, vomiting, overheating, diabetes, diuretic medications, high fever, or excessive sweating. For any of these, make sure you are drinking plenty of fluids!

First symptoms of dehydration:

- Thirst
- Dry mouth
- Dark yellow urine
- Fatigue
- Irritability

Drink water for these symptoms!

Life threatening symptoms:

- Dizziness
- Feeling of blacking out when sitting up or standing
- Confusion
- Muscle weakness or cramps
- Sunken eyes
- Low blood pressure
- Increased heart rate



Go to the ER or contact your physician right away!

Source: Utah State University Extension

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Dried Soup Mix

- 2 1/2 cups green split peas (one 16-ounce package)
- 2 1/2 cups lentils (one 16-ounce package)
- 2 1/2 cups pearl barley (one 16-ounce package)
- 2 cups macaroni or rice



Mix all ingredients together. Store in a jar with a tight-fitting lid. Stir before using. Makes 10 cups of mix. One cup of mix makes 4 servings.

To make soup: In a large pan, combine 1 cup of soup mix, 1 chopped onion, and 2 chopped carrots with 4 cups of water. Add 1 cup cooked chopped meat, if desired. For flavoring add one or more of the following:

1/2 tsp salt	1/2 tsp garlic powder
1 tsp. oregano	2 tbsp lemon juice

OR 1 tbsp chili powder

Bring mixture to a boil. Reduce heat to low, cover pan. Simmer gently for 45 minutes or until peas and lentils are tender.

Nutritional Information per Serving: 234 calories, 18 grams protein, 4 grams fiber, 35 grams carbohydrate, 41 milligrams sodium



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