



Getting Enough Fluids as You Get Older



Overview

It's important to make sure you get enough fluids every day. That's not always easy, because as you get older you may lose your sense of thirst. Yet you need fluids to digest food and get rid of wastes. And you may need extra fluids if you're taking certain medications. Here are some easy ways to make sure you're getting enough.

Throughout the day

First, try to add some liquids throughout the day. Water is best, but you can also drink fat-free or low-fat milk. Stick to drinks that don't have added sugar. Keep a drink nearby so you can take sips regularly. At mealtimes, take a sip between bites. For a snack, have a cup of low-fat soup. And, when it's time to take a pill, try to drink a full glass of water instead of just having a sip.

Before exercise

You also need to remember to drink a glass of water any time you're planning to be active. So have one before you exercise, or before you go outside. This is especially important on hot days.

Alcohol and caffeine

Limit or avoid drinks that have alcohol or caffeine. These can dehydrate you.

Conclusion

Talk to your doctor for more information about getting the right amount of fluids.