



## DYNAMIC AGING

### *“Wet” Your Appetite!*

The flowers are blooming. The boats are back on the water. The temperature is climbing. And, your activities and thirst are increasing.

Choose your beverage carefully. Drinking adequate water improves skin tone and elasticity and gives you a healthy, dewy skin. In the May/June 2007 issue of *Today's Diet & Nutrition*, we are reminded of the fact that we usually water our house plants to avoid drooping, sagging, and wrinkly leaves. But do we "water" our body and skin with the same conscientious manner?

The September 2002 issue of *Nutrition Insights*, published by the USDA Center for Nutrition Policy and Promotion, tells us that “dehydration occurs when water balance is negative; that is, intake of water is less than its loss. This issue is especially pertinent to older adults when total available body water has decreased because of losses in muscle mass, changes in the cells as people age, less efficient kidney function, and reduced thirst sensation.” Since thirst is our most important mechanism used to increase water consumption, an older adult's impaired response to reduced body water could also lead to dehydration.

The human body cannot store water, therefore, fluid must be replaced and kept in balance daily. “8 glasses of water per day” is still the general recommended amount (if you want to get real technical, multiply your body weight in pounds x 0.06 to get the recommended number of 8 oz. glasses per day). In addition to drinking plenty of water each day, eat foods with a high moisture content, such as fruits and vegetables, which contain about 90% water! For more information, go to [www.mypyramid.gov](http://www.mypyramid.gov) and type in “water” in the search section.

**Look out for liquid calories** - As you read about drinking more water, you may be thinking that some of your favorite beverages are supplying you with that much needed liquid. But, beware of the hidden calories that go along with those tasty liquid refreshments! A liquid breakfast purchased on the run, such as a strawberry banana smoothie, can total about 550 calories. If you make your own fruit smoothie by blending fat free or low fat milk or yogurt with fresh or frozen fruit, you'll shave off about 400 of those calories! Another example is that mid morning coffee run for a medium sized (16 oz) cafe latte with whole milk and syrup flavor for about 365 calories. An alternative is to substitute skim milk and sugar free syrup in a small (12 oz) cafe latte totaling only 120 calories.