

Tips for Nutrition & Hydration

Nutrition and hydration are vital for us to function properly and we must take good care of ourselves on this front especially for older people. Poor nutrition or hydration can have a myriad of negative effects on us which can then in turn affect our mental wellbeing.

Ensuring you're providing your body with the right intakes each day helps keep us in tip top condition and will also help us defend better against illness. Considering the last year we have all experienced a global pandemic it is of no surprise people are looking to take more care of themselves. Below are some things to consider:

Are you getting enough nutrients?

We all have varying diets, but we all know that a balanced diet is key. If you're not getting enough nutrients you may have some of the below:

- Tiredness/Fatigue
- Loss of appetite
- Irritability

Are staying hydrated enough?

As our bodies are up to 60% water it is vitally important to keep hydrated to ensure we continue to function as desired. If you're not keeping yourself hydrated enough you might experience:

- Dry mouth
- Dry skin
- Tiredness or disorientation
- Low blood pressure

Tips to help maintain good hydration & nutrition

There are small things we can do in our day to day lives that will help us, below are some things to bear in mind if you're looking to improve your diet to stay healthy and hydrated:

- Try to drink water regularly throughout the day. NHS England recommend 2 litres a day.

- If you want to stay hydrated but you're not a big fan of water, things like coffee, tea, herbal tea, juice, tonic etc. all help.
- In the summer you should be keeping more hydrated due to the heat. Consider the above points but also something more exciting would be to make some fruit juice lollies to have. This can be a great way to keep kids hydrated too.
- Foods can also contain water to keep you hydrated as some naturally contain water such as cucumbers and water melons.
- Try to have at least 5 portions of different types of fruit and veg per day. Smoothies always go down a treat with the kids too. Doing this will help to keep hydrated but also give your body more nutrients.
- Try not to eat too much saturated fat, sugar and salt. Salt in particular can cause a rise in blood pressure which can lead to things like heart disease.
- If you like to snack, rather than crisps or a chocolate bar try and find some healthy alternatives like some fruit or nuts.

More information

If you would like to view the Webinar on '**Tips for Nutrition & Hydration**' is being delivered live on Tuesday 16th March at 12:00pm-12:30pm, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/7755708045575470860>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

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