



Nutrition

Hydration

Lesson 4

Become an expert at understanding the best ways to keep children, adults and older adults with poor appetites hydrated





Older adults who have poor appetites must ensure they keep well hydrated.





Drinks which contain extra energy and nutrients are a good idea for older adults.





As the body gets older keeping it hydrated can help to prevent urine infections, constipation and falls.





Senses which tell the body it's thirsty may also reduce so regular drinking can help to stop dehydration.





An older adult may not want to drink regularly due to a fear of incontinence however not consuming enough fluid could have a worse effect on the body.





Water is a good fluid for older adults to consume regularly. Mint or lemon could be added to the water to give it flavour.





Tea and coffee are a great way to add fluids by adding lot's of milk more protein and calories are consumed for poor appetites.





Older adults with poor appetites are encouraged to drink milk and milky drinks. Whole milk is best as it contains more calories as well as protein, iodine, calcium and B vitamins.





2 to 4 teaspoons of dried skimmed milk powder can be added to a pint of whole milk to add extra nutrition and calories. This can then be used in sauces, drinks, porridge and cereals.





Fruit and vegetable juices and smoothies can provide vitamins and minerals which are essential for the body whilst also helping with hydration for the older adult.





Foods which contain a high fluid content such as soup are a great way to keep the older adult hydrated.





Soft drinks can help to keep the older adults body hydrated but there are not many other nutritional benefits.





Alcohol is not counted as a fluid to help in hydration and should be avoided or limited in the older adult.





Revision Activity 4

What type of milk should an older adult with a poor appetite drink?