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# DOOR STEP NUTRITION



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## Preventing Dehydration

With warm weather comes the increased risk for dehydration. Dehydration occurs when a person loses more water than they take in. As we become older, the body does not conserve water as well as it once did and the thirst sense is decreased. Some diseases may also play a role in decreased fluid intake, such as dementia. Also, decreased mobility in some people makes it difficult to get a glass of water.

Adequate fluids allow the body to regulate body temperature through sweating, maintain blood pressure, and eliminate bodily waste. Some symptoms of dehydration include dizziness, less frequent and dark colored urine, fatigue, and confusion.

You may have heard the saying “Drink 8 glasses of water each day”. This recommendation does not apply to everyone. Many factors affect the amount of fluid a person needs including body size, activity level, diseases, medications, and overall diet. Fluids not only come from liquids, but also from foods, especially fruits and vegetables. To ensure you are keeping your body hydrated, it is important to eat a well-balanced diet that includes fruits and vegetables and drink several glasses of fluids daily. If it is hot outside or you are very active, it is important to consume more fluids than usual.

See your doctor immediately if you or someone you know is dehydrated and experiencing vomiting, fever, diarrhea, weight loss, decreased urine production, weakness, seizures, difficulty breathing, confusion, or fainting.

## Eating for Eye Health

Glaucoma is a leading cause of preventable blindness. Almost 2.7 million people in America have the disease. Once you have lost your vision due to glaucoma there is no way to get it back. But there may be ways to prevent it, including what foods you put in your mouth.

**Zeaxanthin & Lutein:** Pigments naturally found in the macula of the eye and in fruits and vegetables. Sources include bok choy, broccoli, kale, spinach, orange peppers, blackberries and kiwi fruit.

**Carrots:** Contain beta carotene which helps to prevent age-related eye disease.

**Omega-3 Fatty Acids:** Good for the brain, heart, blood vessels and cholesterol levels. Also help with a condition called dry eye. Dry eye is caused by a deficiency of a fatty component in our diets, but eating foods that contain omega-3's can help. Omega-3's also are needed to build an important layer of nerve cells in the retina. Sources include fatty fish such as salmon and sardines, flax seeds, chia seeds, walnuts and canola oil.

**Vitamin C:** May be beneficial in preventing glaucoma. Vitamin C rich foods include: citrus fruits, strawberries, cantaloupe, tomatoes, broccoli and green peppers.

**Vitamin D:** Studies have shown that intake of vitamin D may lead to lower rates of age-related eye diseases. Sources include the sun, supplements, fatty fish, egg yolks and fortified milk.

Sources: [glaucoma.org](http://glaucoma.org), Nutrition For Your Eyes by David Richardson, MD, Eating for your Eyes by Donna Weinhofen

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*Please note that the information contained in this newsletter is to provide readers with health and diet information, but is not intended to be used as medical advice for individual health problems.*