



NEWS

**Nutrition Education
with Seniors!**

Summer 2025 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Eat Well & Stay Hydrated

Water isn't just a refreshing drink—it's essential for nearly every function in our bodies. Staying hydrated helps the heart pump blood, delivers nutrients throughout the body, keeps joints staying lubricated, and supports brain function, which helps us stay healthy. There are many ways to stay hydrated in addition to drinking water—some you might not expect— you can eat water-rich foods such as cucumbers, watermelon, and oranges. Making hydration fun and intentional helps turn it into a habit rather than a chore. For older adults, hydration is even more important. As we age, our bodies hold less water, and the sense of thirst becomes weaker. This means that it's easier to become dehydrated without realizing it. Dehydration can lead to symptoms like fatigue, dizziness, confusion, and other serious health issues. That's why this edition focuses on easy, enjoyable strategies to stay hydrated each day. You will learn how to spot early signs of dehydration before it becomes a problem. Small actions can lead to big improvements in how you feel, think, and move.



My Commitment to Staying Hydrated

To stay hydrated, I will:

- ☐ Drink water regularly – don't let thirst be my guide
- ☐ Limit dehydrating foods and drinks- like salty meals and sugary beverages
- ☐ Eat water rich foods - cucumber, watermelon, leafy greens
- ☐ Carry a reusable water bottle- and refill it throughout the day
- ☐ Start my day with water before coffee and breakfast
- ☐ Track my water intake - use a journal or a mobile application



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Eat Healthfully This Summer

San Diego offers a wide variety of fresh produce! In-season produce is often cheaper and at its peak of nutrition. Here's what's in-season this Summer:



Watermelon



Cucumber



Orange



Spinach



Cantaloupe



Mint

Drink water and eat it too!

Eating water rich foods can also help supplement hydration. Guess what percentage of water is in each of these foods!

Percentage Bank: 91%, 92%, 93%, 94%, 95%, and 96%



%

Watermelon



%

Bell Pepper



%

Strawberry



%

Lettuce



%

Tomato



%

Asparagus

Chef Tip: Water Rich Foods

Drinking water isn't the only way to stay hydrated. Many foods are naturally rich in water and electrolytes, which help your body absorb fluids more efficiently. Foods like cucumber, watermelon, cantaloupe, and pineapple are great for hydration and can be easily added to meals or snacks. If you don't enjoy drinking water on its own, try adding fruits and herbs to your water to make a refreshing, fruit-infused drink. It's a fun and tasty way to keep you hydrated through the day.



Answers: Lettuce 96%, Tomatoes 95%, Bell Peppers 94%, Asparagus 93%, Watermelon 92%, Strawberries 91%



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Know Your Label: Caffeine and Water

As we age, staying hydrated becomes even more important. Our bodies naturally hold less water, and we may not feel thirsty even when we need fluids. Caffeine is factor to be mindful of. It's found in coffee, tea, soda, and some medications. While small amounts—like 1 to 2 cups of coffee a day—are usually fine, too much caffeine can cause the body to lose more water. When choosing beverages, read the nutrition labels. Look for drinks that list water as the first ingredient and check for caffeine content, which is sometimes listed in milligrams (mg). If it's not shown, you can assume that most black tea and coffee contain moderate caffeine, while energy drinks have much more. A helpful habit: for every cup of coffee or tea, drink a glass of water. This simple step helps replace fluids and keeps you feeling your best throughout the day. Also keep in mind that some medications—like blood pressure pills, diuretics, or laxatives—can increase fluid loss. If you're taking these, you may need to drink even more water each day based on your doctor's advice.

Nutrition Facts

1 serving per can (12 fl oz / 355 mL)	
Serving size	1 can
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Sodium 180mg	8%
Total Carbohydrate 2g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: Carbonated water, citric acid, sodium citrate, natural flavors, caffeine.
Contains 160 mg caffeine.

Dehydration: Get the Facts!

Use this True/False quiz to learn facts about dehydration! Write "T" for "True" and "F" for "False."

1. ____ You only need to drink water when you feel thirsty.
2. ____ Dizziness can be a sign of dehydration.
3. ____ Coffee and alcohol help keep you hydrated.
4. ____ Older adults may not feel thirsty even when dehydrated.
5. ____ Fruits and vegetables can help with hydration.
6. ____ Dark-colored urine can be a sign of dehydration.
7. ____ Drinking less water can cause headaches.



ANSWERS: 1) F 2) T 3) F 4) T 5) T 6) T 7) T



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CFHL Group Spotlight: Mountain Health Community Center Establishes a Backcountry Community Garden



Mountain Health Community
Center Garden Build Day

After completing a Food Smarts series, older adults at Mountain Health Community Center in Campo started a community garden to improve access to fresh produce. Together, they planted crops like corn, cucumbers, and pumpkins—building new friendships, learning gardening skills, and enjoying fresh, healthy food along the way.

Resource Spotlight: Cool Zones

Excessive heat can be dangerous for older adults, increasing the risk of dehydration, heat exhaustion, and other serious health issues. One easy way to stay cool is by visiting a Cool Zone—free, air-conditioned spaces open to the public throughout San Diego. No appointment needed, and the program runs from June 1 - October 31. Service animals are welcomed but check with each site to confirm their pet policy. To find a Cool Zone near you, call **1-800-339-4661** (Monday – Friday, 8:00am-5:00pm), or scan the QR code to the right for a full list of locations.



Watermelon and Feta Salad

Serves 6 | 15 minutes | *Source: Daring Gourmet*

Ingredients:

- 1 small watermelon, rind removed, cut into 1-inch chunks and chilled
- 1/4 cup extra virgin olive oil
- 2 tablespoons freshly squeezed lime juice
- 1/2 teaspoon kosher salt
- Small pinch of freshly ground black pepper
- 1/4 cup chopped mint leaves
- 4 ounces crumbled feta cheese (try sheep feta for a creamy texture and flavor contrast)
- Optional: 1 small cucumber, diced



Directions:

- In a small bowl, whisk together the oil, lime juice, salt and pepper.
- Pour the dressing over chilled diced watermelon along with mint.
- Toss gently to combine.
- Sprinkle crumbled feta cheese on top and serve immediately.