



Hydrate for a better gait - Falls are not your fate!

- Aim for 6–8 cups of fluid/day
- Include water-rich foods

Top Hydrating Foods (90%+ Water Content)

Food	Water Content	Bonus Nutrients
Cucumber	~96%	Vitamin K, potassium
Iceberg Lettuce	~96%	Folate, small amounts of fiber
Celery	~95%	Sodium, potassium, fiber
Radishes	~95%	Vitamin C, antioxidants
Zucchini	~94%	Vitamin C, manganese
Tomatoes	~94%	Lycopene, vitamin C
Bell Peppers	~92%	Vitamin C (especially red), B6
Cauliflower	~92%	Vitamin C, fiber, folate
Watermelon	~92%	Lycopene, vitamin A, potassium
Strawberries	~91%	Vitamin C, antioxidants
Cantaloupe	~90%	Vitamin A, potassium
Spinach	~91%	Iron, magnesium, vitamin K

Additional Hydrating & Nutritious Items

Food	Water Content	Bonus Nutrients
Oranges	~87%	Vitamin C, fiber, potassium
Pineapple	~86%	Vitamin C, bromelain enzyme
Blueberries	~85%	Antioxidants, vitamin K
Peaches	~89%	Vitamins A and C
Apples	~86%	Fiber, potassium
Carrots	~88%	Beta-carotene, vitamin A

Hydrating Meals & Snacks Ideas:

- Cucumber & Hummus Snack Plate
- Watermelon + Feta Salad
- Greek Yogurt with Fresh Fruit
- Spinach, Bell Pepper, & Tomato, Hummus or Meat & Cheese Wrap
- Smoothie with Frozen Berries + Liquid
- Cottage Cheese + Cantaloupe or Fruit
- Chilled Vegetable Soup (gazpacho)
- Tomato, Cucumber Caprese Salad with Mozzarella

 ***Staying hydrated helps with balance, focus & energy!***

To learn more about Falls Prevention visit <https://fallsfreewi.org/>

To learn more about nutrition and hydration visit <https://gwaar.org/nourishstep>